



'Rumble At The Rink'
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3.1-Mile Squirrel Run
Road Race June 8 - Page 20



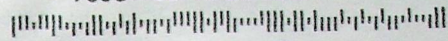
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ELITE MARATHONERS – Six runners from the Quincy Running Club recently earned the Abbott Six Star Medal for running the World Marathon Majors, in Tokyo, Boston, London, Chicago, New York, and Berlin. The Quincy marathoners join an elite set: of 15,327 Six Star medalists since the program began in 2016, 3,804 are from the United States and 342 are from Massachusetts. From left to right: Denise Murphy, Angela Berkin, Patricia Deasy, Mary Varden, Mary O'Brien, Rita O'Toole and Tina Karas. The Abbott Six Star Medalists from the Quincy Running Club pose next to Veterans Fountain in April 2024 with their medals and post-race tunics.

Courtesy Photos

Six Quincy Runners Earn Abbott Six Star Medals At Toyko Marathon

By CONEVERY BOLTON VALENCIUS

At the 2024 Tokyo Marathon on March 3, six runners from the Quincy Running Club earned the Abbott Six Star Medal for running the World Marathon Majors, in Tokyo, Boston, London, Chicago, New York, and Berlin. These Quincy marathoners join an elite set: of 15,327 Six Star medalists since the program began in 2016, 3,804 are from the United States and 342 are from Massachusetts.

The Quincy Running Club group trained and traveled together, with the goal of cheering everyone over the Tokyo finish line. They did! Several other runners from Quincy likewise completed the Tokyo marathon, which is particularly grueling because runners must meet minimum times or be “swept” from the race without finishing it. The Quincy Running Club cohort aimed not only to complete this

marathon, but to bring home medals for running the last of their Major Marathons. Here is some of the journey each traveled:

Denise Murphy, a 61-year-old mother of two, first ran a few Boston Marathons in her 30s, but had not run one for many years before starting back with the Quincy Running Club. She wanted to stay in shape, but was hesitant to join the group because she thought they would all be “hard-core runners.” Thankfully, she says, “I could not have been more wrong! Running with QRC made me realize that I enjoyed running, but what I really loved was running with other people.” As Murphy explains, “Somewhere along the road—there’s always a lot of road!—Mary started talking about the Abbott 6 Star Challenge. Initially I didn’t understand how you could travel and then run a mara-

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MARY VARDEN with her Guinness World Record Medal: when she finished the Tokyo Marathon in 2023, she was part of the largest group ever to earn the Six Star Medals in a single marathon, so they were entered into the Guinness Book of World Records.

Koch Submits \$424M Budget

FY2025 Spending Plan Up \$18.3 Million • Includes Funding For New Dept. Of Grant Management

By SCOTT JACKSON budget. Mayor Thomas Koch on Monday unveiled his proposed \$424 million budget for fiscal year 2025, an increase of \$18.3 million or 4.5 percent over the current

The budget includes funding for a new Department of Grant Management who would be tasked with seeking federal and state

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Conceptual Plans For Forbes Hill Park Unveiled

By SCOTT JACKSON A new and improved playground, new basketball and tennis courts, and tree plantings are among the enhancements under consideration for Forbes Hill Park.

More than 75 people attended an April 30 community meeting organized by the Department of Natural Resources and the Friends of Forbes Hill Park to review a conceptual plan for the park. The city engineer

also discussed stormwater improvements at the site that evening.

The city began looking at potential improvements to Forbes Hill Park at the same time it started to plan improvements at the adjacent Furnace Brook Golf Club, said Dave Murphy, the commissioner of natural resources. The city went back to the drawing board based on the community’s reac-

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22 Candidates File Papers Locally For State Election

By SCOTT JACKSON Twenty-two potential candidates for the fall election returned nomination papers to the Quincy City Clerk’s Office. Two Quincy city councillors are among those who did so.

Candidates running for district office – state representative, state senator and governor’s councillor – and candidates running for county office – register of deeds, clerk of courts, and county commissioner – had until April 30 to gather the necessary signatures to qualify for the ballot and

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Buddy Ball Celebrates Sixth Opening Day - Page 22

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The Quincy Sun.com

Six Quincy Runners Earn Six Star Medals At Toyko Marathon

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thon, Boston being my only experience. But before I knew it, we had travelled to NYC and Chicago and had 3 of the six stars! Having the Abbott Challenge as a goal for the group has kept me motivated and running with QRC has kept me happy and healthy."

Angela Bergin, a 62-year-old runner originally from Cork, Ireland, came to the US in 1985 and joined the Quincy Running Club many years ago because of her friendship with Mary Varden. She initially ran shorter distances, but after her husband, Pat, passed away in 2015, Mary and other running club friends encouraged her to try training for a longer race. She ran the Dublin Marathon in 2016: "One & done I thought to myself!" By 2019, though, she found herself back in training to raise funds through the Boston Marathon for the Irish Pastoral Center, a local nonprofit. "Unbeknownst to myself then," she recalls, she was beginning her Six Star Medal journey. In 2021, she ran New York. In 2022, she and Mary Varden finished Berlin and London—races that ended up being

only one week apart because of all the COVID delays in world marathons. In the fall of 2023, she explains "I ran the Chicago Marathon with my daughter Jamie, raising funds for the Lung Association in honor of our beloved Pat." In Tokyo, she was "thrilled" to claim her Six Star Medal along with a group she calls "inspirational women."

Originally from Melrose, MA, **Patricia Deasy** (59) moved to Quincy when she married her husband Francis in 1987. "Blessed with four children and four beautiful grandchildren," she says, she began her Six Star Abbott Marathon journey in October 2015 when she ran her first marathon in Chicago, at age 50. Like Angela Bergin, she thought this was going to be her "one and done" distance race. With "the support and encouragement of the Quincy Running Club," though, she says she found herself running the April 2018 Boston Marathon on behalf of the Irish Pastoral Center. In November 2019, she completed the New York City Marathon. "It was only when we subsequently entered the 2020 Berlin Marathon Lottery and were selected," she re-

calls, that she realized she was "on the path to running the Six Abbott World Majors." COVID made the group defer Berlin "for a couple of years," completing it in September 2022, followed only seven days later by London. "Finally," she says with satisfaction, in March 2024 she crossed the Tokyo Marathon finish line along with all the people who had helped her train. "It was so exciting to be able to claim our 6th Star Medals together," she says: "I could not have accomplished this goal without the support of the incredible Quincy Running Club and our amazing leader Mary Varden." The journey continues: Deasy says, "Good luck to the next group of QRC Runners that will complete their Six Star Journey in Tokyo next year!"

Quincy's Tokyo Six Star cohort was organized by **Mary Varden**, a personal trainer and founder of the QRC, who last year became the first Abbott Six Star Medalist in Quincy. Varden, soon to turn 60, emigrated to the US from Ireland in 1986. She and her husband Hugh have two children, and she is grateful for their support for her running adventures.

Varden ran her first Boston marathon in 2004 with the mentoring and encouragement of Bill Archer, head of the Y We Run group at the Hale Family YMCA. After Bill Archer's death, Varden took over the organization of Y We Run. When the pandemic disrupted that group, runners kept going informally and eventually coalesced into the Quincy Running Club. Varden has continued to run the Boston Marathon: April 2024 marked her 21st in a row. In 2013, Varden was two or three minutes over the finish line when the bombs went off. With the other finishers, she was pushed out of the area: "We didn't know what was going on," she recalled, until they could see the news later.

At first, Varden ran only locally while raising her family, but as her children grew she began to travel, first to the Marine Corps Marathon, then the Savannah, Ireland, and Dublin. Varden trained with a core group of about 14 runners who started to aim for a Six Star Medal in 2018. Because COVID interrupted the international marathon schedule, they ended up running Berlin and London only one week apart in 2022. For most, Varden and her colleagues raised money to support non-profits in the community. In 2023, Varden completed her final Six Star race: Tokyo.

Next year Varden will help coordinate another Quincy Running Club at the Tokyo Marathon— "please God." Asked what her current challenge is, Varden is quick to reply: "Myself and Denise Murphy are on a quest to do a marathon in each of the 50 states—there's a club for that!"

At 71, **Mary O'Brien** has a lifetime of experience in Quincy. She grew up in Wollaston and graduated from North Quincy High School. She worked as an RN for over four decades,

eventually retiring from the Mass General Brigham, where she was a member of the MGH Pediatric Cancer Research Boston Marathon team in 1999, 2001, and 2005. In 2013, she was volunteering at the Marathon finish line. When the bombs went off, she worked with other volunteers to wheel-chair injured victims from both bombing sites into the Medical Tent. She recalls now that, "Looking around at the chaos, destruction, and fear, I knew I did not want my experience of the Boston Marathon to be defined by this terrible attack." Like many other people, she decided to return the following year as a runner and began training for the 2014 Marathon using a jog/walk/jog method.

During her training, she recalls, "I joined an amazing group of runners of all ages and abilities. This group was to become known as the Quincy Running Club." In 2019, the group gave her the support and encouragement to commence her Abbott Six World Major Marathons journey. "The timing was perfect," she says, "because I was soon to retire and would have time to train." Her first Abbott world major was Boston in 2019. Again, perfect timing: the race was on her birthday!

The pandemic meant that O'Brien was not able to run again until the New York City Marathon in November of 2021. Her next race was the Berlin Marathon in September of 2022 (on a bib that had been deferred from 2020 due to Covid). Next, came the London Marathon in April 2023 and the Chicago Marathon in October of 2023.

O'Brien's sixth and final Abbott World Major Marathon was the Tokyo Marathon on March 3, 2024. She remembers how excited she felt to make the trip to Japan "to cross the starting line with these incredible runners from Quincy." The 26.2 miles were "made easier," she says, "by a number of support people, also from Quincy, who supplied positive energy and lots of cheering—as well as water, electrolytes and gel!"

She was the last of the Quincy Running Club group to finish the race, O'Brien recalls, "but Mary, Trish, Angela and Denise had waited for me at the Finish Line, so we could all receive our Abbott Six World Major Marathons medal together!" She smiles as she thinks about the process: "What an incredible 5-year journey and adventure!"

Rita O'Toole, age 51, originally from Galway, Ireland, has lived in Boston for over 25 years. After running

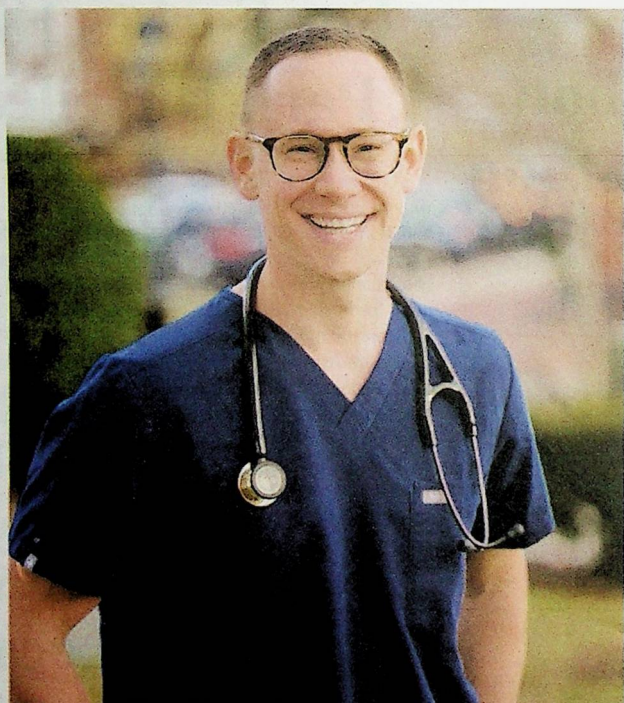
her first marathon in Boston in 1998, she "took two decades off." She exercised at the Hale Family YMCA and eventually joined Y We Run six years ago. She started her six-marathon journey in 2019, running Boston, Chicago, and New York. In 2021, she finished London, and then completed the Berlin Marathon in 2022. Tokyo 2024 was the triumphant finish of her Six Star journey.

Tina Karas, aged 56, from South Boston, says that her Six Star journey started 21 years ago. She had never been a runner, but she and a friend watched the 2002 marathon and joked about doing it the following year. She ended up training and was able to run and complete Boston in 2003. "Then," Kara says, "after that first Boston, I was hooked" — she finished 13 more Boston marathons. She ran the New York marathon in 2009 and the Chicago marathon twice, in 2014 and 2015. When she completed the Berlin Marathon in 2019 she learned about the Six Star Medal and "figured why not do it." In 2023, she finished the London Marathon, and then earned her final star at the Tokyo Marathon this year. Karas reflects: "The camaraderie and friendships I have made for the past 21 years are irreplaceable. I It has been a wild ride that I never even imagined doing but I did it! Now I need to figure out what to do next!"

All the Six Star medalists speak with excitement about the community created by the Quincy Running Club. As Angela Bergin noted, "With many setbacks and hurdles along the way I could not have done this journey without the support of family, friends and the camaraderie of this amazing group of running buddies." Participants share stories and get to know each other, going on bike rides in the summer and celebrating big birthdays. In Tokyo, the Quincy Running Club met up with someone who used to run with the group a decade ago before moving to the West Coast.

The Quincy Running Club welcomes new runners. They hold runs six days most weeks, usually with a small group of 6-10 runners. Participants range in age from their 20s to their 70s. Many in the group—like the Six Star Medalists—are women. Mary Varden encourages anyone who would like to join the Quincy Running Club to look up the group on Facebook and send a message to find the next meetup. Perhaps there are more Six Star Medalists in Quincy's future!

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Nine Residents Inducted Into QC Honor Society

Nine city residents were among 31 Quincy College students recently inducted into the local chapter of Phi Theta Kappa (PTK), an international academic honor society that focuses on leadership, scholarship, fellowship, scholarship, fellowship and service.

The ceremonies at Quincy's Tirrell Room included welcoming remarks from college President Dr. Richard DeCristofaro and Provost Dr. Servet Yatin followed by a keynote address from Dr. Laurel Kornhiser, a professor of English/Hu-

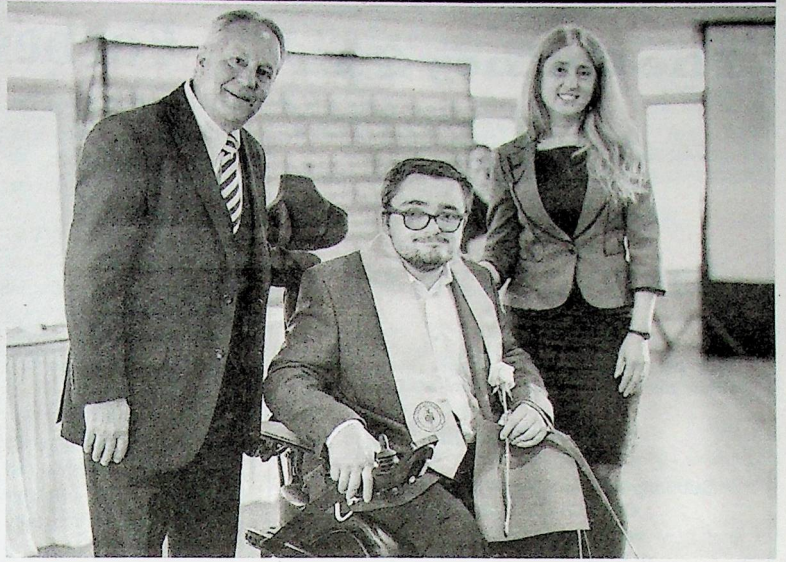
manities.

PTK Chapter Officer Jake Louzan and Melissa Lord, the College's Student Wellness and Program Coach who serves as Chapter Advisor, administered the PTK new member induction pledge; each student is also presented with a certificate of membership and a traditional white rose.

Along with Louzan, the inductees from Quincy are: Anuoluwa Adeniyi, Taryn Geary, Ines Meddeb, Briana Rosa, Thuy Dung Vo, Spencer Poulin, Briana Rosa and

Gina Zheng.

Students who join PTK are entering a scholarly fellowship with a presence on almost 1,300 community college campuses in 11 nations. More than 3.5 million students have been inducted since the society was founded in 1908, and there are approximately 250,000 active members at US community colleges. PTK has more than \$90 million in available in scholarships for members to help them complete associate's, bachelor's, and some master's degrees.



JAKE LOUZAN (center), who serves as chapter officer of Quincy College's Phi Theta Kappa honor society, with college President Dr. Richard DeCristofaro and Provost and Chief Academic Officer Dr. Servet Yatin. *Courtesy Photo*

Forbes Hill Park Conceptual Plans Unveiled

Cont'd From Page 1

tion to the initial plans for the park that were unveiled in early 2022.

"Our first iteration of the plans for the park were not received well, and that's an understatement," Murphy said. "So, we listened. We said, 'okay, tell us what you do want.'"

As part of that process, the city and engineering consultants Fuss & O'Neill held a two-hour community workshop in June 2022 to review plans for both the park and the golf course. More than 100 people – including members of the Friends group, area residents, and members of the golf club – attended that workshop to provide their input.

"That was an opportunity for any person with any perspective to participate and the folks from Fuss & O'Neill did an excellent job mixing up the different perspectives so we all understood that there wasn't a unanimous perspective on any particular issue around

what we're trying to accomplish, but there was enough common ground where we could get to a point where I think we are this evening," Murphy said.

After that meeting, he said the city continued to work with the Friends of Forbes Hill Park and also brought on the consulting firm Horsley Witten Group to plan the park improvements.

Murphy said the community wants the basketball and tennis courts on site refurbished – he called them "probably the shabbiest courts we have left" – and work on the new courts could take place this spring or summer. The community also wants an enhanced playground, he said; the playground currently includes swings and a slide. Other improvements the community desires include new trees – Murphy said the conceptual plan includes planting 30 new trees – as well as stormwater controls.

Hannah Carlson, a landscape architect with Horsley Witten, said she and her colleagues visited Forbes Hill Park several times to review existing conditions. A Quincy resident, Carlson added this project was "extra meaningful" to her because she takes her children to the park.

Carlson said that access to the park is "relatively

limited" with just three entrances. The main entrance to the park is at the end of Reservoir Road where the parking lot that serves the golf course and park begins. There is another entrance further into the parking lot closer to the clubhouse building and a third entrance on Summit Avenue.

"Each point of access has

challenges," Carlson said. "Most of them have erosion issues."

The conceptual plan calls for formalizing and improving those entry points so people would not have to walk over tree roots to get into the park, Carlson said. The improvements would also make the entrances Americans with Disabilities

Act compliant. The entrances could also include new bike racks and signage.

To allow for a larger entrance from the parking lot, the concept plan would move the tennis court about 20 feet further into the park without removing any trees. The basketball court and playground would also shift

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Free Classical Music Concert For Peace June 9

The Schiller Institute Chorus will present a free Classical Music Concert for Peace Sunday, June 9 at 3 p.m. at Christ Church Great Hall, 12 Quincy Ave., Quincy.

The public is welcome. Donations appreciated.

The concert will feature excerpts from Mozart's Coronation Mass, African-American Spirituals, arias, and more, including performances by students of the

Rose Conservatory (Brockton). Light reception to follow.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Moments in time

THE HISTORY CHANNEL

• On May 20, 1506, the Italian explorer Christopher Columbus died in Valladolid, Spain. The first European to explore the Americas since 10th-century Vikings set up colonies in Greenland and Newfoundland, he traveled the West Indies, South America and Central America, but died feeling he had been mistreated by his patron, King Ferdinand of Spain.

• On May 21, 2000, the bones of President James Garfield's spinal column, showing where one of two assassin's bullets had passed through it in 1881, were displayed for a final day at the National Museum of Health and Medicine in Washington, D.C., in an exhibit featuring medical oddities from the museum's archives.

• On May 22, 1856, South Carolina Representative Preston Brooks, wielding a cane he used after suffering injuries in a duel fueled by a political debate years before, savagely beat Massachusetts Senator Charles Sumner during a meeting of Congress when tensions escalated over the expansion of slavery.

• On May 23, 1900, Army sergeant William Harvey Carney became the first Black American serviceman to receive the Medal of Honor, for heroically protecting the American flag during the Civil War.

• On May 24, 1797, Thomas Jefferson wrote to his friend Angelica Church with a casual inquiry about their mutual friend, Maria Cosway, a woman who'd once captured his heart and inspired a romantically themed essay. Her marriage, his desire to maintain integrity and their physical distance had helped cool his hopeless passion for her some years before.

• On May 25, 1977, China's communist government lifted its decade-old ban on the writings of William Shakespeare, providing additional evidence that the Cultural Revolution initiated by Mao Zedong in 1966 had ended. Officials also announced that a Chinese-language edition of the Bard's works would soon be available.

• On May 26, 1962, clarinetist Bernard Stanley "Acker" Bilk's instrumental single "Stranger On the Shore" provided an initial, but false, hint of the British Invasion to come when it went to No. 1 on the Billboard Hot 100. Despite its popularity, it was Bilk's only significant hit.

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Matthaeus Lobelius (1538-1616) was a Flemish physician and plant enthusiast. Born in Flanders, he studied at the University of Montpellier and became personal physician first to William, Prince of Orange and later to James I. As a member of the Flemish School of Botany, he wrote a series of major treatises on plants, and authored famous publications for botany students. He is credited with the first attempt to classify plants according to their natural affinities, rather than their medicinal uses. The plant genus *Lobelia* and the botanical family *Lobeliaceae* are named after him. - Brenda Warner

Sources: dbpedia.org, prabook.com

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Forbes Hill Park Plans Unveiled

Cont'd From Page 3

to the left, as viewed from the parking lot, to provide better access at that entrance.

"The playground is bigger because what we heard is there are other playground amenities that you guys would like to see," Carlson added. "And of course with playgrounds you need to just have that fall zone, you need to think about space between the elements and think about all the different-aged children that are going to use that space."

In terms of vegetation, Carlson said they want to preserve existing trees on site while also managing the invasive species. Canopy trees will be added to provide more shade, she said.

"I know that when I've been there with my kids it gets to the point where everyone is hunkering down under the existing canopies," she said, so the plan calls for "bringing some of the kind of mid-size canopy trees into the park on the sides."

New ornamental trees may also be incorporated into the park to help highlight the historic water tower on site, Carlson added. The plan may also include what she referred to as "succession planting."

"Besides having those canopy trees that would be installed at a bigger size to help provide shade sooner... there could also be other areas where there are smaller trees planted, but like a bunch of smaller trees planted," in places where those trees would have a chance to succeed into healthy woodlands, she said.

"If those areas could be helped, looked after, that's a great way to help kind of think into the future in terms of what it could look like."

Following Carlson's presentation, the residents in attendance had a chance to ask questions and comment on the potential improvements.

One resident asked if lighting improvements or other security measures were planned for the park.

Carlson said new lighting would be added to parking lot, but no lighting was planned for the park. Murphy said Police Chief Mark Kennedy has established a patrol for Forbes Hill and other city parks where teenagers tend to congregate at night.

"He has designated a specific park patrol to deal with the teen drinking issue," Murphy said. "He has not just his regular patrol cars, but designated patrols on Friday and Saturday nights to go to Forbes Hill and Squaw Rock and places like that."

Another resident asked about the possibility of installing speed bumps on the roads leading to and from the park and golf course.

Murphy said there was a previous discussion about traffic calming measures in the area with the city's traffic and parking department. The traffic department recommended measures like stop signs and making the driveway that connects the parking lot with Summit Avenue exit-only, but speed bumps were not among the recommendations, Murphy said. The traffic department

does not generally recommend using speed bumps in part because they are susceptible to damage by snow plows and are noisy, the commissioner added.

Several residents suggested the driveway leading to Summit Avenue from the parking lot should have a sidewalk, which it does not currently have.

Paul Costello, the city engineer, said the driveway is too narrow to accommodate parked vehicles and a sidewalk - to which several residents responded parking should not be allowed on the driveway. Costello also said the driveway would be too steep to install an ADA-compliant sidewalk and later suggested the entrance to the park on Summit Avenue could be redesigned in a way that it would be ADA-compliant.

Following that question and comment period, Costello provided an updated on the stormwater control measures planned for the site. He said the city has spent a \$1 million on drainage improvements.

The parking lot previously had no catch basins, and any stormwater would just run off down the road, Costello said. The parking lot has been regraded so it now slopes toward the golf course, he said, and catch basins and drain pipes have been added to capture stormwater and move it into the drainage system under Stony Brae Road.

In addition, Costello said catch basins and a drainage pipe have been added on the driveway that leads from the parking lot to Summit Avenue.

The city also plans to install a new trench near the perimeter of the park on the Summit Avenue side, which will feed the water into a detention area near where the driveway meets Summit Avenue to capture the runoff that flows that way. That detention area will feed into the city's drain system.

"Instead of large swale along this exit that we talked about in November, we've been working with the commissioner - we want to save as many trees as possible back in that corner," Costello said. "This is the last piece of the puzzle."

After Costello's presentation, Brian Kuchar, the principal landscape architect at Horsley Witten, said the feedback received during the meeting would be reviewed and the concept plan would be finalized in May or June.

"At that point...we hand it off to the city and then the city starts to take a look at taking that to the next level, which would be design and construction," Kuchar said.

Maria Mulligan of the Friends of Forbes Hill thanked those present for attending the meeting and sharing their feedback.

"What I would like to do is first thank you all for coming out today and offering your thoughts," she said. "Your expertise offers the city a unique, untapped resource to affect better outcomes."

"We stuck around and, sorry, we were in Dave's face about this park because we really, really love it and I'm so glad he listened."

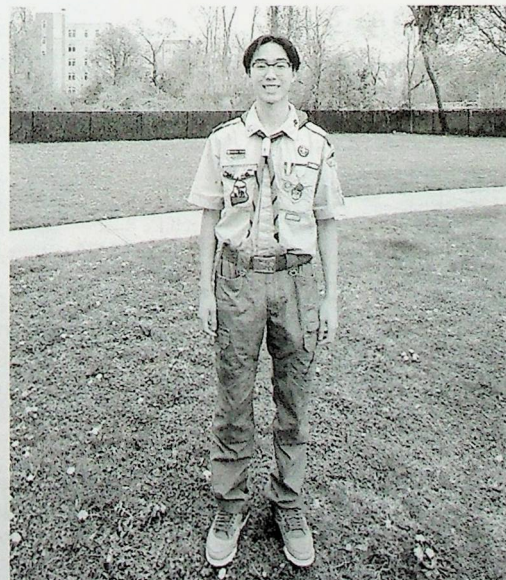
READERS FORUM - MORE ON PAGE 23

Eagle Scout Candidate Seeks Project Support

Hello,
My name is Marcus Pham and I am an Eagle Scout Candidate of Troop 42 Quincy. I've been a resident of Quincy all my life and I'm a current Junior at Quincy High School.

Personally, as a Scout, I know that the community is built from those inside. For my Eagle Project, I plan on giving back to Quincy by beautifying and renovating the Paul Vincent Grasso Park, named after a Quincy veteran.

The project's scope will include the following: the introduction of a brand new trash can, dog waste bag dispenser, new flower beds and tree, as well as replacing torn landscaping fabric with mulch, and installing a new peace pole and patio. However, in order to complete this project I need donations to help cover the



cost of the materials.

When I see the park, I see a beautiful strip of community land where I've grown up over the years. I want to make the park a better place

so that others may enjoy it

as I have. My goal is to carry out the project on May 25th. I'm asking for your help, and any donations would be greatly appreciated.

Please make checks payable to Quincy Friends of Scouting at 21 Puritan Dr., Quincy, MA, 02169, and indicate "for Marcus' Eagle Project" in the memo section. Donations can also be made via paypal under the profile name @QFOS.

Thank you for your consideration and generosity. Any excess proceeds will be donated to the Morrisette American Legion Post in Quincy.

Yours in Scouting,
Marcus Pham
Senior Patrol Leader
Troop 42 Quincy

More Quincy news:

The Quincy Sun.com

Scenes From Yesterday



Sacred Heart Catholic Church, Abington, Mass.

THIS IS A 1923 real photo postcard view of the first Sacred Heart Catholic Church building that was on the corner of Hancock and Hunt Streets in North Quincy. It was built in 1878 as a mission church of St. John's Parish in Quincy Center by a young curate Father Francis Frigugliette. Fr. Francis, as he was known, later became pastor of St. John's and established two other mission churches: St. Francis-by-the-Sea in Houghs Neck and St. Francis of Assisi in Braintree. He also served as pastor of St. Mary's Church in West Quincy and was widely

known and revered as Quincy's Pastor for 32 years. In his memory an appropriate granite monument has been erected at his grave in St. Mary's Cemetery on Crescent Street. Sacred Heart became a separate parish in 1903 and in 1924 moved to a new church building located on the corner of Glover Avenue and Hancock Street. This old church was demolished in 1929 and the land was sold. It is now the site of a gas station.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1987
37 Years Ago

Workers Seek To Buy Shipyard

Negotiations for the 102-year-old Fore River Quincy shipyard began this week between General Dynamics and a partnership which included former shipyard workers and Reilly/Athy Associates.

The Massachusetts Water Resources Authority has also said it wants to buy or lease part of the property as a staging area for construction of a multibillion dollar regional sewage plant on Deer Island.

The group recently raised its bid for the yard from \$35 million to \$53.1 million.

Mass. Shipbuilders, Inc., comprised of former shipyard workers, was among the bidders which received copies of the purchase and sale agreement this week to let them know what the company expects from a buyer, according to a representative of Meredith & Grew, marketing agent for General Dynamics.

"We have felt all along that we wanted the shipbuilders to have every consideration," said Mayor Francis McCauley. "They have made a substantial offer, and the ball is in General Dynamics' court."

McCauley noted that the City Council recently rezoned the shipyard to Planned Unit Development. That means the council will have to approve whatever goes into the yard.

"That way, it protects the city's and the neighborhood's interest," he said.

20 HAITIAN ORPHAN BOYS RECEIVE FIRST COMMUNION AT ST. JOHN'S

A unique First Communion liturgy was held on Mother's Day at St. John's Church during the 11 a.m. Mass celebrated by Bishop Daniel Hart, regional bishop of the Quincy-South Shore area.

Twenty Haitian orphan boys, ages 8 to 18, received their first Holy Communion. Sixteen youths from St. John's who made their first communion joined the Haitian visitors at the Sunday liturgy. Special visitors to the Mass were a busload of students from St. Matthew's School, Dorchester.

The Haitian youths were guests of St. John's Parish for a two-week period as part of a tour of the United States in a special production of "Rue Soleil." The show consisted of Creole songs and dances focusing on the impoverished life of a street child in Haiti.

QUINCYISMS

Five-year-old **Jennifer Siteman** of South Quincy recently became a U.S. citizen during ceremonies at Fort Devens. She was adopted as a seven-week-old Korean orphan by her mother and father, **Mrs. Virginia Siteman** and her husband, **John . . . Bernadette MacPherson**, Ph.D., of Squantum, a mediator to Quincy District Court and the South Shore, received the Jason Feldman Special Citizen Award from **Mrs. Marion Feldman** at the annual Law Day ceremony. . . This week's specials at Wollaston Market, 615 Hancock St., included fresh boneless and skinless chicken breasts for \$1.99 pound and a head of iceberg lettuce for 59 cents. . . **John McDuff** of South Street, founder and president of the Quincy Animal League, received the Laurence J. Curtin "Citizen of the Year" award at the 20th anniversary of the Quincy Citizens Association. . . **Larry Chretien** of North Central Avenue announced his candidacy for Ward 3 city councillor. . . **Robert Jarnis** of Warren Avenue announced his candidacy for a seat on the Quincy School Committee. . . **Jerry Dacey** of Hingham, a past president of the Quincy Rotary Club, was designated a "Paul Harris Fellow" - Rotary's highest award at a district conference held at the Sturbridge Sheraton. Making the surprise presentation was Quincy Rotary Club Treasurer **Robert Guarnieri** who highlighted Dacey's Rotary background and his work as chairman of the district 795's "Polio Plus" Committee. . . Purdy's Homemade Ice Cream Parlor, 68A Billings Rd., unveiled a Long Steam Rose Ice Cream Cake just for Mothers Day. . . **Lt. John Flaherty** (32 years of service) and **Officer Raymond Haskell** (38 years of service) were honored at the Quincy Police Department seventh annual retirement dinner dance at the Bryan VFW Post. . . **Army Reserve Pvt. Thomas A. Cleary**, son of Mr. and Mrs. **Lawrence Cleary** of Oval Road, completed training as an Army military police specialist under the one station unit training program at Fort McClellan, Ala. . . President John F. Kennedy's boat, "Victora," a 25-foot Wiano Senior Class sloop, was undergoing extensive restoration under the direction of **Doug Kent** at Marina Bay. The second annual JFK regatta was set for May 23 and May 24 at Marina Bay. . . Top video rental this week as "Top Gun" featuring **Tom Cruise** and **Kelly McGillis**.

Legislative Update - State Sen. John Keenan

By Sen. JOHN KEENAN

The Healthcare Financing Committee reports out legislation, the revenge porn bill takes another big step forward, and my office hosts a wonderful visitor. Here's a look at some of our legislative priorities and ongoing focuses that my office was working on in April.

LEGISLATION

With the Revenge Porn Bill having passed the House and Senate, a conference committee comprised of Senate and House members will meet to reconcile these two different versions of the bill into a single version, which, we hope, Gov. Maura Healey will sign into law.

I am honored to serve as the Senate Chair of the committee and look forward to working with fellow appointees Sen. Jamie Eldridge and Sen. Ryan Fattman. The House conferees include Committee Chair Rep. Michael Day, Rep. Christine Barber, and Rep. Alyson Sullivan-Almeida of Abington.

The conference committee will address the differences between the two bills, both of which unanimously passed their branches. I am hopeful that we will swiftly reach an agreement so that Massachusetts will finally make revenge pornography a criminal offense.

Once the committee's work is done, the legislation will then go to the Senate and House for final approval after which it will go to Gov. Healey.

COMMITTEES

As you may recall in an earlier newsletter, most committees in the Legislature have to decide whether to advance the bills under review by an established deadline early in the year that we refer to as Joint Rule 10 Day. However, due to the comparatively higher volume of bills they receive, the Joint Committee on Health Care Financing (HCF) gets a bit more time to make determinations on legislation.

This month, I am pleased to report that HCF gave favorable recommendations to some of my high-priority bills that were under consideration.

S.658, An Act relative to dual diagnosis treatment coverage, applies to a common situation related to substance use disorder (SUD). Often someone with SUD will have an additional mental health diagnosis, which, like SUD can result in admission to an in-patient healthcare setting. Unfortunately, being admitted to one facility for one treatment may mean losing access to an ongoing treatment for the other condition. This bill requires insurance coverage to extend to treatment for both diagnoses, preventing disruption in care.

S.659, An Act relative to removing barriers to non-opioid pain management, was also reported out favorably by HCF. Interestingly, a physician may prescribe a strong opioid without review or approval by an insurer (a process often

referred to as "prior authorization"). Yet, when a physician feels that an alternative to a strong opioid is preferable, the physician must get approval from the insurer. This prior authorization many times results in slower access to treatment or denial of certain types of treatment. This legislation eliminates mandatory prior authorization in cases of physicians prescribing non-opioid pain management options like physical therapy, acupuncture, and massage therapy. The bill also directs carriers to distribute educational materials to providers and members annually to increase awareness.

IN THE DISTRICT

There was a variety of events that had me criss-crossing the district throughout April, including the 100th anniversary of Quincy's Merrymount Association. It was a great occasion to reflect on a century of neighborhood residents joining together to preserve and celebrate their community.

I also had the honor of attending the Career Technical Initiative graduation ceremony at South Shore Technical Institute in Hanover. This state-funded program has become an essential part of reaching our workforce development goals and supporting workers and employers. Graduates are trained in fields like automotive technology, welding, culinary sciences, carpentry, HVAC, landscaping, and manufacturing engineering. I was so inspired seeing these young people from my district and across the region participate in a program that will set them up for meaningful careers and uplift industries across the Commonwealth.

In Braintree, I attended the ribbon-cutting of the Norfolk County Sheriff's Office H.O.P.E. Center, which will provide reentry and treatment services to at-risk youth and adults to help reduce recidivism.

I also attended the opening ceremony of the Special Hockey International Annual Tournament, an event that brought together developmentally challenged hockey players from around the world to compete in the new Lovell Arena in Rockland.

The start of Spring also marked the beginning of Town Meeting season. This month I attended Abington's annual town meeting, held to discuss the town's FY25 budget and other matters, authorizing more than \$1 million in CPA funding for local projects, zoning for the MBTA Communities Act, and proposing to ban nip bottles

JUST A QUICK STORY

Like you, I have spent the past couple years watching the war in Ukraine from a safe distance. I follow the debates in Washington, the news coverage of the fighting, and reports of the tragic losses of life. This distance has shrunk in recent weeks due to the arrival of a guest in my office.

Cont'd On Page 13

Arts & Entertainment

Weekly, Monthly Movies In May At Crane Public Library

The Thomas Crane Public Library announces the weekly and monthly movies that will be shown at the library throughout the month of May.

Special Movie Nights are as follows:

AAPI Month Movie Night: Past Lives

WHEN: Thursday, May 16 from 2-4 p.m.

WHERE: Community Meeting Room, Main Library, 40 Washington St.

WHAT: Celebrate AAPI month with a screening of Past Lives. In this film, Nora and Hae Sung, two deeply connected childhood friends, get separated after her family emigrates from South Korea. Two decades later, they reunite in New York City for one fateful week as they confront notions of destiny, love and life choices. Rated PG-13.

Documentary: Inundation District

WHEN: Thursday, May 23 from 7-8:30 p.m.

WHERE: Community Meeting Room, Main Library, 40 Washington St.

WHAT: Join the staff of the Thomas Crane Public Library for a special screening of Inundation District, produced by the Boston Globe and directed by Pulitzer Prize-winning director David Abel. The film explores Boston's decision to create a new district along the shoreline despite concerns about rising sea levels and climate change.

Weekly Movie Matinees are as follows:

Matinee Movie: Picture Bride

WHEN: Wednesday, May 8 from 2-4 p.m.

WHERE: Community Meeting Room, Main Library, 40 Washington St.

WHAT: This film tells the story of a Japanese woman who agrees to an arranged marriage in turn-of-the-century Hawaii, but finds that it's not the paradise she thought it would be. Rated PG-13.

Matinee Movie: Lion

WHEN: Wednesday, May 15 from 2-4 p.m.

WHERE: Community Meeting Room, Main Library, 40 Washington St.

WHAT: A 5-year-old Indian boy is adopted by an Australian couple after he gets lost in Calcutta. Years later, he struggles with his memories of his birth family and decides to begin a search for them. Rated PG-13.

Matinee Movie: Yellow Rose

WHEN: Wednesday, May 22 from 2-4 p.m.

WHERE: Community Meeting Room, Main Library, 40 Washington St.

WHAT: In rural Texas, a Filipino teen longs to make her mark on the world of country music. When an unexpected opportunity comes her way, she must make a choice between upholding her family's traditions or leaving them all behind to pursue her lifelong aspiration. Rated PG-13.

NQHS Class Of 1969

To Hold 55th Reunion June 14

North Quincy High School Class of 1969 will hold its 55th reunion on Friday, June 14 from 7-11 p.m. at The View Restaurant at Presidents Golf Course (formerly Wollaston Golf Club), 57 West Squantum St., Quincy.

Pizza and appetizers will be served and DJ will provide entertainment. There will be a cash bar.

Tickets are \$40 per person.

For more information, email NQHS1969@gmail.com.

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More Quincy news:

The Quincy Sun.com

Film Club Discussion events are as follows:

Reel Talk: Celebrating AAPI Cinema

WHEN: Tuesday, May 28 from 7-8 p.m.

WHERE: Community Meeting Room, Main Library, 40 Washington St.

WHAT: Calling all film fanatics! Join the Thomas Crane Public Library to discuss any of these films we've screened at the Library for AAPI Heritage Month, whether you've watched them from home or at the Library. Or share your favorites!

AAPI Heritage Month Movie Screenings in May:

• Picture Bride (1994) | Wednesday, May 8 at 2 p.m.

• Lion (2016) | Wednesday, May 15 at 2 p.m.

• AAPI Heritage Month Movie Night: Past Lives (2023) | Thursday, May 16 at 6 p.m.

• Foreign Film Friday: Parasite (2019) | Friday, May 17 at 2 p.m.

• Yellow Rose (2019) | Wednesday, May 22 at 2 p.m.

Tea and light refreshments will be provided.

Monthly Movies are as follows:

The Thomas Crane Public Library hosts audio-described movies on the first Friday of each month. Audio description (also referred to as "description" or "video description") is defined as "the verbal depiction of key visual elements in media and live productions." Audio description is a means to inform individuals who are blind or who have low vision about visual content essential for comprehension.

Foreign Film Friday: Parasite

WHEN: Friday, May 17 from 2-4 p.m.

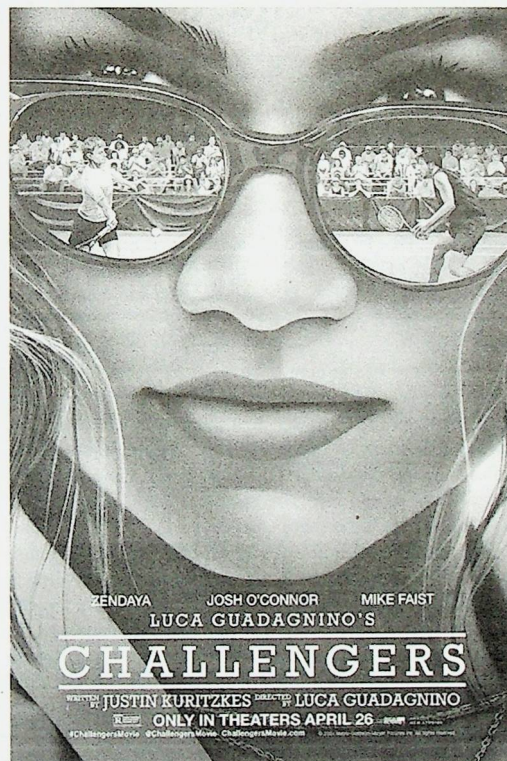
Movie Review: 'Challengers'

By BOB GARVER

Since "Challengers" begins practically at the end of its story, I think I'll begin this review by talking about the movie's ending. It ends, as we see in early scenes and is pretty predictable anyway, with feuding tennis stars Art (Mike Faist) and Patrick (Josh O'Connor) playing against each other in the finals of a tournament, with Art's wife Tashi (Zendaya) watching from the stands. While ultimately one player will have to win and one will have to lose, the real winners are fans of great tennis. As with the match, "Challengers" doesn't concern itself with things like results and fate, it just wants to give you a thrill in getting there.

The 2019 match between Art and Patrick is a framing device that we see throughout the film, but the story is mostly told through flashbacks, not all necessarily told in order. We go as far back as 2006 when Art and Patrick were doubles champions and best friends. They found themselves both smitten with up-and-comer Tashi, and they invited her back to their shared hotel room.

A minor conflict arose when the two couldn't work out who between them would get some alone time with Tashi. They figured that she'd give an indication of who she'd prefer, but Tashi...didn't pick a side. Maybe it's just me reading too much into things, but I think the film's advertising has implied that more hap-



pens in the ensuing encounter. It's just a makeout scene with Tashi promising her phone number to the winner of an upcoming match between the two.

Patrick wins the match and Tashi's phone number, and he soon turns pro with Tashi as his girlfriend. Tashi and Art both attend Stanford with plans to turn pro after college, but also have some additional skills if tennis doesn't work out. A jealous Art engineers a fight between Patrick and Tashi, and although he didn't intend it to go quite so far, he's the only one there to comfort Tashi when she suffers a career-ending injury on the

court. Years later, Art has become an international superstar with Tashi as his wife and coach (though their marriage is hanging by a thread), while Patrick's career and life have deteriorated so badly that he's living out of his car. Apparently too much time away from Tashi will do that to a man. Art and Patrick both have to win this small-time tournament, Art to gain momentum going into the U.S. Open, Patrick to resurrect his fledgling career. Of course, they're really battling over Tashi all over again, as well as trying to one-up each other.

WHERE: Community Meeting Room, Main Library, 40 Washington St.

WHAT: The Park Family is the picture of aspirational wealth. The Kim Family, in contrast, is rich in street smarts but not much else. Be it chance or fate, these two houses are brought together and the Kims sense a golden opportunity. Soon, a symbiotic relationship forms between the two families. The Kims provide "indispensable" luxury services while the Parks give the Kims a way out of their shabby circumstances. But this new ecosystem is fragile, and soon enough greed and class prejudice threaten to upend the Kims' newfound comfort. Rated R.

The Monthly Movie at North Quincy Library is:

North Quincy Matinee Movie: What Happens Later

WHEN: Wednesday, May 15 from 10 a.m.-12 p.m.

WHERE: NQ Community Meeting Room, North Quincy Library, 381 Hancock St.

WHAT: Willa and Bill are ex-lovers who see each other for the first time in years when they both find themselves snowed in, in transit, at an airport overnight. Rated R.

The Monthly Movie at Adams Shore Library is:

Movie @ Adams Shore: Wonka

WHEN: Wednesday, May 16 from 2-4 p.m.

WHERE: AS Meeting Room, Adams Shore Library, 519 Sea St.

WHAT: With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers. Rated PG.

To learn more, visit <https://thomascranelibrary.org/>.

I mentioned this movie wanting to give its viewers a thrill on par with the intense final tennis match. After the early stages culminating in the scene in the hotel room, the movie pairs off Art, Patrick, and Tashi in combinations of two for the rest of the movie. The three banter, argue, and manipulate one another in a series of scenes whose snappiness is worthy of the comparison to a well-contested match. It's not exactly a nail-biting intensity, but the three keep up with each other in a complimentary fashion.

Where "Challengers" fell apart for me (aside from my inability to understand tennis scoring, so I kept thinking the climactic match was over when it wasn't, which affected the movie's momentum) was the utter unlikeability of the three main characters. Yes, they have good chemistry, but that's just another way of saying that these miserable people all deserve one another. It's one thing to cultivate conflicting opinions about who to root for because it makes for a lively debate. But did the movie have to make me wish that all three characters could lose somehow? I read an interview with Mike Faist where he described the characters' dynamic as "everyone's right and everyone's wrong." Ironically he's only right about the "everyone's wrong" part.

Grade: C

"Challengers" is rated R for language throughout, some sexual content and graphic nudity. Its running time is 131 minutes.

Houghs Neck History Program May 16

Patti Williams will present a program on Houghs Neck History - the 1890s - on Thursday, May 16 from 7 to 8:30 p.m. at the Houghs Neck Congregational Church, 310 Manet Ave., Quincy.

During the 1890s, Houghs Neck continued to develop into a desirable sea-

side community. The Manet Land Associates developed hundreds of residential house lots and the Manet Street Railway brought a new way for people to get here.

Illuminations and ship-breaking continued. New hotels opened. The first Catholic church opened. In

1895 water pipes were installed and in 1899 electricity came to Houghs Neck.

The May 16th program is free and open to the public.

There will also be a Houghs Neck History Program on Tuesday, June 4. The topic will focus on Houghs Neck Cottage Names.

Tracing Your Family Tree May 14

The Seaside Social Club of the Houghs Neck Congregational Church will meet on Tuesday, May 14.

The club will welcome Mike Brophy, of Brophy Genealogy and Heir Searching as the guest speaker at 7 p.m. for a program entitled "Tracing Your Family Tree."

Brophy is a nationally known, professional genealogical researcher, heir search specialist, and lecturer from the Boston area. He was featured on the TV series "Who Do You Think You Are?" and the Irish TV

series "Dead Money," a genealogy show about heir searchers. Brophy was hired to conduct research for Ancestry.com and several historical authors.

The lecture will cover the basics of starting out in the search of one's ancestry. Topics to be covered are first why do we study our ancestry and what makes it so compelling? Basic methodology will be explained along with the first steps to beginning research. Record sources such as vital records (birth, marriage, death) will be explored along with cen-

sus, passenger lists, naturalizations, and cemeteries.

Examples will be given with noteworthy and common people from various time periods and ethnic groups. Recent advances in the field such as DNA and the internet with popular websites will be discussed.

The program is free and open to the public.

Club members will meet in the sanctuary at 6:15 p.m. for the installation of the officers for the coming year, followed by a brief business meeting.

Souther Tide Mill Annual Meeting May 16

Friends of Souther Tide Mill will hold its annual meeting Thursday, May 16 at 6:30 p.m. at Quincy Point Congregational Church, 444 Washington St., Quincy (corner of Southern Artery.)

The public is invited to attend. Light refreshments will be served.

Guest speaker will be

shipbuilding historian and author Wayne Miller. His topic will be "A Shipbuilding Tradition in Quincy." Miller's slide presentation will feature scenes and stories from his book, a treasure trove of nearly two centuries of the shipbuilding industry in Quincy from the years 1789 to 1986. Copies

of his book will be available for purchase at a discounted rate.

This is a rare opportunity learn more about the early Souther industries on the Town River as well as information on the Friends of the Souther Tide Mill or joining the Friends.

For more info visit: www.southertidemill.org.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Eggplant Caponata

By MARIE

My niece, Jean, sent me this delicious recipe for Eggplant Caponata that her mom and my mom before her had made many times over the years.

It is a delicious appetizer before a meal or makes a wonderful, healthy snack. You can serve this with crackers, a crusty bread, or eat by itself as a vegetable side dish.

Ingredients and Directions:

1 large eggplant, cut into bite-sized cubes

salt and pepper to taste

1/4 cup extra-virgin olive oil

2 tablespoons of extra virgin olive oil to blend with cubed eggplant

2 tablespoons sugar

1 large onion, diced

2 garlic cloves, finely minced

1 teaspoon basil (fresh or dried)

1/2 cup celery, finely chopped

1 can diced tomatoes (approximately a 15-ounce can)

1/2 cup green and black olives, sliced in half

3 tablespoons capers, rinsed

1/4 cup red wine vinegar

Preheat the oven to 400 degrees.

Prepare a cookie sheet with parchment

paper, or lightly greased with olive oil.

Place the cubed eggplant and a little salt in a colander and blend together.

Let the eggplant sit in the colander for about an hour and do not rinse.

Then combine the eggplant and 2 tablespoons of olive oil.

Once mixed well, place on a lined baking sheet and bake for about 30 minutes or until lightly browned.

While the eggplant is in the oven, in a large skillet, sauté the chopped onions, and garlic cloves in the 1/4 cup of olive oil, for approximately 5 minutes.

Then add the celery and 2 tablespoons of water and sauté for another 3 or 4 minutes.

Add the crushed tomatoes and simmer for about 5 minutes - be sure to stir occasionally while this is simmering.

Then, add the olives, capers, sugar and vinegar and simmer for approximately 10 more minutes.

Add the roasted eggplant, simmer and stir for another 5 minutes, be sure to stir occasionally.

Allow the mixture to sit for at least one hour before serving. This dish can be served warm or at room temperature. It is delicious served with crackers or artesian bread.

Black Bean Burgers

By SUZIE

These burgers are simple and delicious. Black beans are loaded with protein, fiber, and important nutrients to keep you healthy, and these burgers also will keep you from getting hungry due to the nice and slow way the beans digest in the body.

Adding the onions, carrots, garlic and all the spices boost the nutrition even more, as well as the fiber. Try them!

I love these with avocados and Siracha sauce. The coconut or Bragg's Aminos are in place of soy sauce due to a lower sodium content, overall health benefits, and lack of wheat, but you can use soy sauce if you prefer!

BLACK BEAN BURGERS

2 cans rinsed and drained black beans, and mashed well.

1 small onion, chopped fine

3 garlic cloves, minced

2 carrots, shredded

1 tablespoon chopped parsley

1 tablespoon olive oil

1 tsp cumin, 1/2 tsp chili powder, 1/4 tsp cayenne pepper

Sea salt and pepper

1 tablespoon coconut aminos or Bragg's Liquid Aminos

1/2 cup quick cooking oats

Simply mix all ingredients together well and form into patties. Place on sheet and freeze for 30 minutes.

Remove from freezer and simply fry on both sides until nice and crisp and cooked through.

Serve with all the fixings!

QHS Fashion Show Thursday

The 2024 Quincy High School Fashion Show will be held Thursday, May 9th at 7 p.m. in the Lloyd Hill Auditorium at Quincy High School.

The show will feature 60 talented designers showcasing approximately 100 stunning garments. This year, the show announces exciting collaborations with esteemed brands such as TONI&GUY Hairdressing Academy, along with special guests from Giving the Glam and J. Jill. The students of TONI&GUY Hairdressing Academy will lend their expertise in hair and makeup to the student models ahead of the show.

"Each year, our budding fashion virtuosos are given

a platform to unleash their boundless creativity, resulting in an awe-inspiring array of designs," said Fashion Teacher Robin Kaplan. "From chic daywear to glamorous evening attire, and even stylish menswear, our showcase promises something for everyone. And don't miss our "clean and green" segment featur-

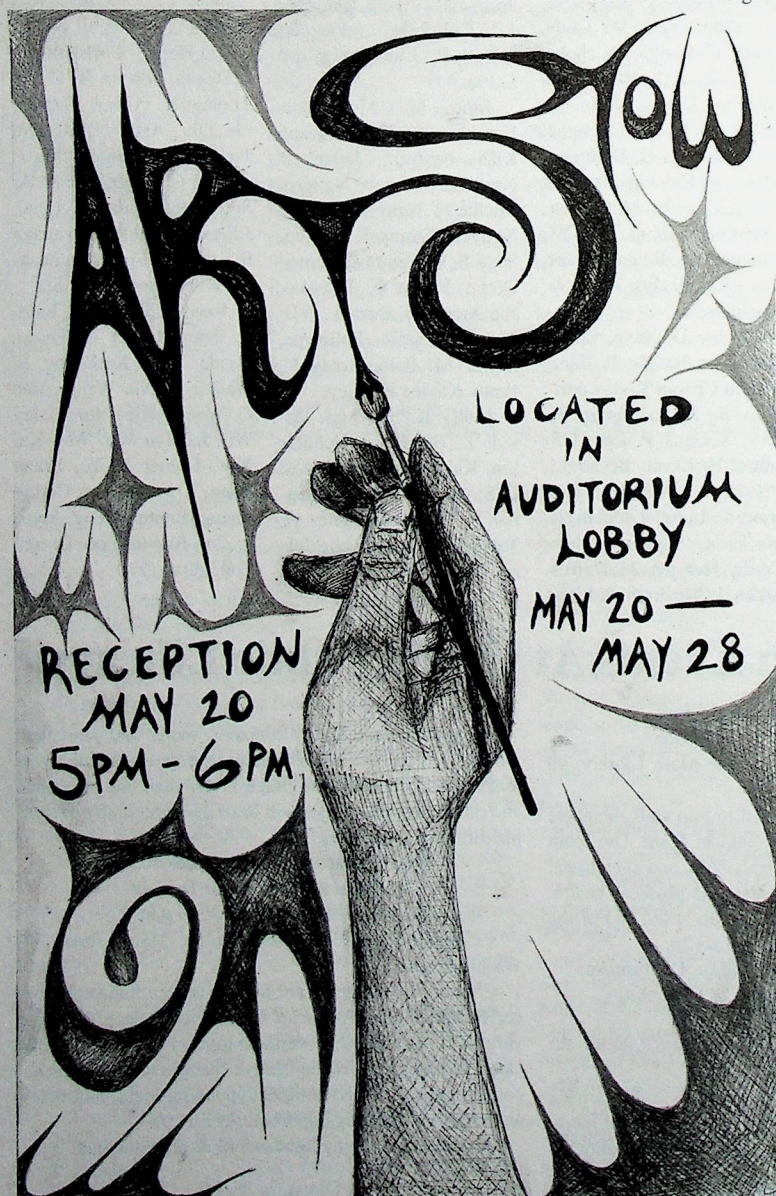
ing eco-friendly designs crafted from recycled and reclaimed materials."

Advance tickets are priced at \$6, while door tickets will be available for \$8. Purchase your tickets conveniently at the QHS Main Office or through a fashion student (payment accepted in cash or via Venmo @robinkaplanQPS2015).

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590 Students On Central Middle School Honor Roll

Five hundred ninety students are listed on the second term honor roll at Central Middle School.

They are:

HIGH HONORS

Grade 8: Syed A. Ahmed, Gia K. Albert-Westland, Ronald V. Alexis, Anna F. Allard, Vibha Arun, Lucinda M. Bentzel, Nicholas M. Blido, Samantha J. Boie, Aidan J. Brophy, Margaret R. Brown, Abheri Chanda, Ryan H. Chau, Aaden I. Chen, Alan J. Chen, Chase Chen, Daniel Chen, Ivy Y. Chen, Joshua H. Chen, Miao En Chen, Raymond X. Chen, Shuying Chen, Terrence Chen, Amanda Cheong, Maeve S. Connor, Nathaniel N. Cruz.

Nicholas J. D'Angelo, Naraya R. Dasilva, John J. Demopoulos, Andrew Deng, Keira Deng, Raneem Dibaj, Lyla A. Egan, Emma C. Enos, Joana Fang, Luke H. Feldman, Cora R. Fisher, Finn M. Gendron, Sophia Grabowski, Iman Habib, Liam J. Harrington, Vivian He, Isabella R. Huang, Xinyue N. Huang, Kaley L. Hudgins.

Jacky Jiang, Makayla B. Joyce, Daniella N. Jushaji, Brendan M. Kearns, Madeleine A. Keleher, John H. Kennedy, Emily W. Ko, Gautham Kurapati, Zoe A. Kyranis, Tevin T. Le, Oliver B. Lebo, Haoyang Li, Kaitlyn Li, David W. Liang, Xujie Liang, Chen Si Lin, Chloe Lin, Emma Lin, Jessica Lin, Sarah Lin, Tengyi Lin, Preston C. Low, Connor P. Lynch.

Bryan C. McCarthy, Kayleigh M. McCarthy, Caroline K. McGrail, Sara Mile, Hayden L. Miller, Timothy O. Moon, Madison E. Moye, Emerson, Cooper A. Nelson, Sophie E. Nelson, Tina Ngo, Zecheng Pan, MJ Perdios, Rithwik Prattipati, Ava R. Prioli, Nina K. Prono, Angel Rathore, Tess Ronan, Eleanor C. Schow, Laela J. Serjani, William K. Southworth-Mahoney, Jack M. Stewart, Edwin Tan, Helen Tan, Shlok Hemal Tanna.

Adam Tran, Liam B.

Triplett, Davion N. Vu, Samantha C. Vukosa, Kole C. Wong, Jasmine Wu, Jayden M. Wu, Jason Xu, Huining Xue, Wenhao Xue, Jacky Yang, Jason Yang, Aidan Yu, Annabel Zeng, Melody Zeng, Emily Zhang, Evan Zhang, Heng N. Zhang, Victoria M. Zhang, Angel Zhao, Jonathan Zheng, Raymond N. Zheng, Yeeving Zhong, Brian Zhu, Christopher Zhu.

Grade 7: Bernard O. Anderson, Lasya Priya Baratham, Mariam M. Benchama, Thomas H. Bernard, Lexi Q. Boussy, James C. Bryan, Elaina Chen, Hui En Chen, Jia Jie Chen, Sheldon Chen, Toby Chen, Winnie Chen, Yifan Chen, Yixuan Chen, Anna Chencharik, Ethan M. Choi, Ursula A. Columb, Cameron F. Connors, Thomas R. Cordero, Olivia R. Cote, Ella E. Currie.

Danyset L. Depina, Kiley A. Duddy, Miles J. Emswiler, Skyla D. Farnador, Camryn C. Feroli, Sean M. Flannery, Kelly W. Fournier, Daniel Gladstone, Siobhan G. Grant, John M. Grazioso Jr., Ryan W. Greene, Andrew R. Gruenler, Andrew M. Guimaraes, Emma G. Halpin, Gregory P. Hsu, Annie Huang, Cassidy J. Huang, Samantha J. Huang, Vivien Huang, Olivia K. Huynh, Samuel Jiang, Youqi Jiang.

Leonid A. Karpichev, Jonathan Katongera, Iris W. Keller, Fiona L. Kelley, Evelyn A. King, Sebastian F. Kline, Ian M. Kogler, Andrew B. Lau, Trevor P. Lau, Titan T. Le, Teagan J. Lebel, Jillian Lee, Jhoselyn E. Lemus Coto, Ethan Li, James T. Li, Jasmine Li, Owen Li, Kaiwen Liang, Kenneth Liang, Tobie W. Liang, Fiona Lin, Gordon Lin, Macy I. Lin, Olivia Lin.

Maxwell H. Linkiewicz, Jason N. Liu, Phoebe Lu, Ryan Lu, Ryan J. Lu, Zhiyi Lu, Thinh P. Luong, Anthony J. Mastrocola, Declan P. McDonough, Zoey McKenzie, Tara A. Mowrey, Eeshan Mukherjee, Nawal N. Muneeb, Lilith R. Murphy, Lilia K. Ngo, Preeyalak

Ngoensombat, Abigail M. Nguyen, Gianna I. O'Byrne, Ronan P. O'Connor, Thomas K. O'Connor, Chukwuma C. Onwunaka,

Martin L. Panariti, Nicole Panariti, Georgianna Plaskovitis, Molly E. Powers, Maisarah F. Rahman, Lena Ren, Sofia M. Risitano, Baylor H. Rizzo, Bella G. Sampson, Kanishka Santhana Krishnan, Catherine Setow, Evan Shao, Anna Shinohara, Pranay Sindhwani, Sean P. Snow, Natalie Thi, Huy M. Tran, Amy Truong.

Alejandro L. Valera-Spencer, Phu Kiet Van, Nick Wang, Caitlin P. Wood, William Wu, Brian Xie, Aiden Y. Yang, Gordon Ye, Aemilia Y. Yip, Erica Zeng, Jessica Zeng, Leo Zhao, Jayden Zheng, Jenny Zheng, Jimin Zheng, Yi Cheng Zheng, Jacqueline R. Zuffante.

Grade 6: Ivan R. Acheson, Evelyn E. Allard, Owen J. Bacchieri, Ella A. Bardwell, Samuel J. Bardwell, Paulina M. Berry, Francesca Diane M. Caag, Winnie Cai, Charlotte G. Canavan, Candice L. Chan, Yvonne L. Chau, Devin Chen, Justin Chen, Kyle B. Chen, Lucas X. Chen, Sylvia Y. Chen, Atticus Cheng, Autumn J. Ciras, Benjamin M. Cote.

Selena K. Dai, Dinh Hieu Dang, Bowin V. Dao, Carrie Deng, Bailey S. Dorris, Jianjun Feng, Samantha J. Foster Urich, Alexander Gao Chang, Codey L. Gao, Ricky Gao, Michelle G. Gonzalez Morales, Genevieve C. Gorey, Ashling E. Grant, Heidi G. Henriksen, Nora P. Hickey, Emily N. Hoang, Evan Huang, Serena Y. Huang, Henry S. Huynh, Peter T. Huynh, Madeline R. Ilacqua, Pratiksha Indumathi Gurunathan.

Wilson Jiang, Mackenzie A. Jordan, Briel N. Kalajnhu, Christine M. Kanza, Parnika Kashikar, Gavin F. Kearns, Dashiell R. Keleher, Ayaan A. Khan, Alex A. Krol, Richard Kuang, Tina C. Lau, Elizabeth M. Lee, Evan T. Leung, Rui

Li, Lucas Liang, Nathan Liang, Emily N. Lin, Janice Y. Lin, Jayden Lin, Joyce Lin, Wyndham J. Liu, Nathan Y. Louie, Layra Daniela Loyola Ramirez, Endi Luli, Ivan M. Luong.

Samira L. Marinilli, Sarah G. McGowan, Sophia J. Miller, Christopher J. Miranda, Oliver T. Murphy, Alan Nabiev, Hoang Nhat Minh Nguyen, Nicholas Nguyen, Archisha Nyogi, Michael L. Norton, Anna N. O'Connor, Dylan R. O'Leary, Logan P. Pangwong, Jai Kirtik Periyasamy, Swasthika Prasanna Venkatesan, Margaret K. Prono, Dhashini Santosh Kuma, Calvin K. Schow, Prachuryaa Sen, Enea Shatro, Chuck Smith, Jesse P. Southworth-Mahoney.

Jessy Tian, Chenuli L. Tissera, Nathan Q. Tranphan, Tate E. Vukosa, Zixiao Wang, Catherine E. Wilde, William Wong, Alvin Wu, Derrick J. Wu, Sermannie Wu, Zixuan Wu, Eliot Xu, Elva Xu, Tsz Hei Xu, Vincent Xue, Faye Yan, Jillian Yip, Serenity Y. Zeng, Hailey Zhang, Mingyi Zhao, Stephanie Zhao, Jennifer Zheng, Ka Hei Zhong, Kyler Zou, Lucas Zou.

HONORS

Grade 8: Nicolas D. Araujo, Olivia R. Ballestas, Caleb G. Blaikie, Stephanie Chan, Leah Chen, Stanley Chen, Jack W. Cody, Grace E. Conlon, Nicholas K. Cook, Ash J. Cuniff, Isabelle Demo, Nina B. DiMaggio Ryder, Emily M. Dinh, Isabella H. DiNunno, Mason R. Eldredge, Isabella C. Frias, Jayden M. Garden, Christina N. Gjini, Kuba M. Grochowski, Julian Hakani, Lola R. Healy, Zach K. Houldcroft.

Winnie D. Jiang, Emma Kadiulliu, Nathan P. Kane, Vishnu Charan Kodavaluru, Elom I. Ktsito, Rayna C. Law, Seamus P. Lee, Ghazal E. Levai, Bryan Li, Crystal Li, Lindsay Lin, Nyx S. Lutts, Quinlan R. MacLean, Sophie L. McCarthy, Henry A. McDuffus, Aidan J. McGrath, Adriana

E. Melo Rodriguez, Charles P. Miranda, Joseph A. Morton, Jacob O'Donnell, Albert Pan, Cayleb L. Petyk, Erika I. Piercy.

Dinglei Qin, Fallon V. Rogers, Terezze I. San Jose, Olivia M. Saucier, Sohan S. Savadi, Daniel Sollomoni, Xiaoling Tan, Neel J. Thakar, Matthew R. Travers, Anthony N. Truong, Zheng Yu Weng Huang, Jacob I. Weng, Jaylen M. Williams, Christopher M. Witham Jr., Maggie M. Wong, Darren X. Xu, Hongwei Yang, Randy Yang, Lorraine N. Zeng, Junxi Zhuo.

Grade 7: Laura N. Altayr, Isaac E. Alvarado, Braden S. Anderlionis, Amelia R. Andre, Samat Asylbekov, Reyden P. Baduya, Hailee I. Bates, Arber B. Beqaj, London R. Blue, Joseph T. Burke, Yordan A. Camacho, Alan Chen, Honghui Chen, Marcus Cheng, Gregory K. Chiou, Ryan J. Clougher, Lily E. Connolly, Giacomo A. Corso, Jaxon P. Curran.

Colin M. DePalma, Liam M. DiPilato, Aiden H. Duong, Lays V. Fernandes Santana, Matthew J. Feroli, Arianna E. Ferolito, Dominic J. Ferolito, Robert S. Glennon, Olivia B. Greaney, Keida Hakani, Finn B. Healy, Ryan J. Healy, Kristine Jiang, Aubrielle M. Kelly, James Koli, Kelsen Lei, Junfeng N. Liang, Benjamin Lin, Colton M. Linkiewicz, Aaden R. Liu, Sophia M. Lohan.

Ellis M. McRoberts, Katelyn Y. Ngo, Hoang Khai Nguyen, Jaden P. Nguyen, Makayla Nguyen, Michael T. Nguyen, Noah L. Nguyen, Timmy T. Nguyen, Sage E. O'Campos, Ahmed Omar, Sicilia F. Palermo, Jun Xian Pan, Dora A. Policarpe, Dory R. Policarpe, Oliver M. Polo, Brady K. Proto, Kaylee E. Riley.

Molly K. Setiyono, David J. Sharkey, Nicholas Siu, Kai E. Sprague, David C. Stone, Cole Tapper, Connor J. Thibeault, James H. Toland, Emma V. Tran, Jerry Wang, Qianzhao Wang,

Ethan N. Wong, Samuel Haxi Wu, Nga Yin Xu, Shuo Zhang, Avery X. Zheng, Irene Zou.

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Ellana R. Gelardi, Jackson S. Griffin, Meishi Guan, Jiasheng Huang, Micaela Huang, Yingxin Huang, Agatha T. Ibrahim, Riley E. Ilacqua, Oliviana R. Johnson, Chloe Y. Kang, Kendall D. Kilburn, Dorothy F. Lebo, Chunnuo Li, Tyler Liang, Chloe Lin, Damon Lin, Eric H. Lin, Ryan Lin, Penelope Lorenzi, Grayson M. Lutts. Isla J. MacLean, Joseph E. McClory, Nolan J. McCloskey, Samarth Mishra, Valeria Mykhailova, Baraka L. Ntege, Payton E. O'Brien, Christian A. O'Regan, Joshua B. Pham, Thomas K. Powers, Stephanie Qiu, Aston D. Quam, Jackson A. Ramey, Maximillian C. Ritter, Anessa A. Sacchietti, Nada A. Saeed, Jillian F. Salbibia, Ivannya S. Sandoval Figueroa, Zachary R. Stewart, Aiden Su.

Reed F. Thibeault, Johnny Tran, Robert W. Troup, Castle Tsui, Katherine S. Walker, Sylvia Wang, Alec C. Wong, Alice Wu, Haley Wu, Jocelyn Wu, Wen Kai Xue, Daniel Y. Ye, Ethan Zeng, Yiwei Zhang, Conny Zheng, Emma Zheng, Joyce J. Zhu, Bonnie Zou, Darren Zou, Qiran Zou.

Educational, Entertaining In-Person Events At Crane Public Library

The Thomas Crane Public Library invites community members to the many educational and entertaining in-person events that will be hosted during the month of May.

Piping Plovers on Wollaston Beach

- Wednesday, May 8 from 7-8 p.m.
- Community Meeting Room in the Main Library, 40 Washington St.

Join Lis Kernan (she/they), a conservation biologist and shorebird recovery program coordinator with the Massachusetts Department of Conservation and Recreation, to learn the story of the Piping Plovers on Wollaston Beach. Community members are invited to discover how everyone has a role to play in the birds' ability to flourish, from the day they hatch to the moment they embark on their long journey south for the winter, and when they return to beaches in the spring.

This event is sponsored by the Friends of Wollaston Beach and the Quincy Department of Natural Resources Environmental Treasures Program.

Tai Chi Performance and Class

- Saturday, May 11 from 11 a.m. to 12 noon
- Community Meeting Room in the Main Library, 40 Washington St.

Community members are invited to join staff members for a performance from the QARI Tai Chi Team. The Team will demonstrate how the exercise's slow and intentional movements help to improve mental and physical health. Attendees are welcome to join the group at the end of the performance to learn how to perform Tai Chi.

Friends Annual Meeting with Adam Centamore:

The History and Production of Chocolate

- Tuesday, May 14 from 6:30-8:30 p.m.
- Community Meeting Room in the Main Library, 40 Washington St.

The Friends of the Thomas Crane Library invite current members and the public to join them at their annual meeting. The business meeting will begin at 6:30 p.m. followed by a presentation from guest speaker Adam Centamore at

7 p.m.

Centamore, a culinary educator, writer and journalist, will discuss the origins of chocolate, how it is made, what makes good chocolate so much better than bad chocolate and other morsels. Guests will have the opportunity to sample different chocolates.

Money Matters: Insights into 2024's Political and Financial Terrain

- Wednesday, May 15 from 6:30-7:30 p.m.
- Community Meeting Room in the Main Library, 40 Washington St.

Community members are invited to join financial advisor Bridge McSurely for an informational deep dive into various current financial wellness topics including the 2024 election outlook, recent legislative changes to retirement accounts, outlook on government spending, debt, and taxes, and financial planning opportunities for 2024.

Attendees can enjoy light snacks & refreshments.

Cont'd On Page 9

Sons Of American Legion Memorial Day Observance May 19

*Col. Francis J. Curtis (Ret.) Keynote Speaker; Dedication
In Memory Of Guy Ferris At Flags For Veterans Island*

The Sons of the American Legion Squadron 294, Morrisette American Legion Post, will host its annual Memorial Day observance Sunday, May 19 at 1 p.m. at Flags for Veterans Island, Fort Square, School and Pleasant Streets, Quincy.

Keynote speaker will be Col. Francis J. Curtis (retired), who has served over 32 years in the United States Army Reserve. A native of Boston, he graduated from Norwich University with a Bachelor of Arts degree in 1982.

Col. Curtis received his commission through OCS as an Infantry officer in 1986 followed by assignments with the 26th Infantry Division and the 29th Infantry Division (L). He has commanded at the Company, Battalion and Brigade level while also serving in key staff assignments that included battalion administration, battalion operations and brigade logistics.

Throughout his military career, he has served in diverse assignments, including tactical, operational, and strategic levels of the Army, which have been joint, multinational, and special operation organizations. He has expertise with stability and combat operations, humanitarian assistance, and security cooperation with allies, and missions providing support on conventional and irregular threats. After completing his command and staff assignments with the Infantry he was accepted for assignment into the 353rd



COL. FRANCIS J. CURTIS
(retired)

Civil Affairs Command (Airborne), in 2002. For the next several years he served in a variety of key civil-military positions with special focus in the Iraq conflict serving with the 1st Marine Division and 82D Airborne Division in Iraq from March 2003 until June 2004.

From September 2004 to September 2006, Col. Curtis served as Headquarters Commander of the 304th CA Brigade in Philadelphia, PA. In December 2006, he was promoted to Lieutenant Colonel and selected for command of the 432nd CA Battalion in Green Bay, WI. He deployed as a Battalion Commander to the Iraq Theatre of Operations from November 2007 until November 2008 in support of the 4th Infantry Division, Multi-National Division-Baghdad with emphasis on the civil military's non-lethal lines of operation. In February 2011, he was promoted to the rank of Colonel where he served as a Functional Team Chief with the 353rd CACOM. In 2012 he was selected for Brigade Command serving as the 1st Brigade Commander of the



GUY FERRIS

95th Division (IET) at Fort Sill, OK. Col. Curtis completed his career serving as the Chief of Staff of the 353rd CACOM, responsible for providing trained and disciplined soldiers to combatant commanders worldwide for peacetime and war contingencies with special focus on USAFRICOM and USEUCOM.

Col. Curtis is a graduate of the U.S. Army Basic Airborne School, Infantry Officer Basic Course, the Infantry Officer Advance Course, Combined Armed Staff and Service School, Civil Affairs Qualification Course, U.S. Army Command and General Staff College, and the U.S. Army War College; earning a Master of Science degree in Strategic Studies.

His awards and decorations included the Legion of Merit, Bronze Star Medal (3rd Award), Purple Heart, Meritorious Service Medal, Army Commendation Medal (6th Award), Army Achievement Medal (3rd Award), Army Reserve Components Achievement Medal (3rd Award), National Defense Service Medal (2nd Award), Global War

on Terrorism Expeditionary Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Armed Forces Reserve Medal w/M Device, Br. Hourglass, Roman Numeral 2, Army Service Ribbon, Reserve Components Overseas Training Ribbon, Armed Forces Reserve Medal, Presidential Unit Citation (Navy), Joint Meritorious Unit Award, Army Meritorious Unit Commendation, Army Superior Unit Award, Combat Action Badge, Parachutist Badge and the German Parachutist Badge.

Col. Curtis lives in Boston with his daughter, Nicole.

The Memorial Day observance will also include a special dedication in memory of Guy Ferris, a dual member of the Morrisette American Legion Post and Squadron 294. Mr. Ferris, a veteran of the United States Air Force, died Oct. 6, 2023. He served many roles over the years with the Morrisette Post and Squadron 294 including Vice-Commander, Historian and Sergeant-at-Arms for the Post. He was Vice-Commander, Historian and Finance Officer for Squadron 294.

Mr. Ferris also served as the master of ceremonies for the Squadron's Memorial Day and Veterans' Day observances at Flags for Veterans Island for many years.

The public is welcome to attend the Memorial Day observance at Flags for Veterans Island Sunday, May 19 at 1 p.m.

Social Security Matters Widower's Retirement Stymied By SS's 'WEP' And 'GPO' Rules

By RUSSELL GLOOR
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: My wife passed away 4 years ago. I want to retire so called SSA and was told I can collect my own SS at 62, reduced by WEP. My wife's SS was greater than mine, but they said I do not qualify for hers at age 60 because of the GPO. This seems odd that I get zero for her, however I can collect mine at the two thirds reduction at 62. Is this true? This zero dollar amount places my retirement on hold for now. I was counting on her SS. **Signed: Discouraged Widower**

Dear Discouraged: The Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) are two of the most confusing (and unpopular) of Social Security's myriad rules. From the way you describe your conversation with the Social Security Administration, it doesn't appear to have concluded with you fully understanding how these provisions work, so allow me to elaborate.

WEP and GPO affect anyone who has a retirement pension from a federal, state, or local government agency which did not participate in Social Security, meaning neither the employee nor the employer paid into Social Security based on the employee's earnings. Obviously, you have such a pension, which means that WEP will reduce any Social Security retirement benefit you have earned from other employment where SS payroll taxes were withheld, and the GPO will affect any survivor benefit you are entitled to.

WEP affects only the SS retirement benefit you earned elsewhere; WEP does not affect any surviving spouse benefit you might be entitled to from your wife. Rather, it is the GPO which affects your survivor benefit, again because of your state retirement (called a "non-covered pension" - one earned without contributing to Social Security). The GPO will reduce any surviving spouse benefit you might be entitled to by 2/3rds of the amount of your "non-covered" state pension. Depending on the size of your state pension, that reduction may entirely eliminate your surviving spouse benefit from your wife.

Under normal SS rules, a surviving spouse does not become eligible for survivor benefits until they reach age 60 (age 50 if disabled). Normally, a surviving spouse benefit claimed at age 60 is reduced by 28.5% and it is the GPO (not WEP) that will affect your survivor benefit whenever you claim it. However, even without GPO, your age 60 survivor benefit amount would be only 71.5% of the amount your wife was receiving (or entitled to receive) at her death. If you are already collecting your non-covered state pension when you claim your SS survivor benefit from your wife, then that reduced age 60 survivor benefit would be offset by 2/3rds of the amount of your state pension. And that (according to what Social Security told you) is what eliminated your age 60 eligibility for a surviving spouse benefit from your wife. If you don't claim it at 60 your survivor benefit will continue to grow until you reach your full retirement age (FRA) of 67, but if 2/3rds of your state pension is more than 100% of your SS survivor benefit, you still won't get any surviving spouse benefit from your wife's record.

A further consequence of your non-covered state pension is that the SS retirement benefit you earned elsewhere will be reduced by WEP. WEP will reduce, but cannot eliminate, your Social Security retirement benefit. The WEP formula is complex but, generally, your WEP-based Social Security retirement benefit will likely be roughly half of what you would get if you did not have a state "non-covered pension." You could claim your WEP-reduced SS retirement benefit as early as age 62 or, if financially feasible, delay longer to get a somewhat higher (but still reduced) amount.

Just FYI, your state employer had an obligation to fully inform you of the consequences of not contributing to Social Security while earning your state pension. It appears as though they may not have fulfilled that obligation.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

In-Person Events At Crane Public Library

Cont'd From Page 8

DOVE Lawyer in the Library!

- Friday, May 17 from 2-4 p.m.
- 1st Floor Conference Room, Main Library, 40 Washington St.

DOVE (Domestic Violence Ended) attorneys will be on-site to talk with people who have experienced abuse or have loved ones who have experienced abuse by an intimate partner and have legal questions about divorce, custody, child support, restraining orders, immigration or other related legal issues. DOVE attorneys will provide general legal information, answer questions, and help with referrals for other services like counseling and safety planning. They offer telephone interpretation for most languages. DOVE's services are free and completely confidential.

DOVE is a non-profit organization that provides supportive services to domestic violence survivors and their families, including legal advice and advocacy, one-on-one counseling, safety planning, support groups, education, and emergency shelter. DOVE is located in Quincy and serves survivors across Norfolk County.

Survivors in Norfolk County in need of legal assistance can also contact DOVE's Legal Helpline directly by phone at (617) 770-4065 ext. 400, by text message at (617) 657-9719 or at www.dovema.org/legal-advocacy.

Concerts at the Crane: Roman Rudnytsky ~ Piano

- Sunday, May 19 from 3-4 p.m.
- Richardson Building, Main Library, 40 Washington St.

Join Roman Rudnytsky for a Sunday afternoon piano concert. Rudnytsky, an American concert pianist with a Ukrainian background, graduated from The Juilliard School in New York and has since performed in 100 countries.

Asian American and Pacific Islander (AAPI) Month Trivia Night

- Tuesday, May 21 from 7-8 p.m.
 - Richardson Building, Main Library, 40 Washington St.
- Join Thomas Crane Public Library for a special Trivia Night celebration in honor of AAPI Heritage Month. Attendees can participate individually or as a team. Members of the Thomas Crane staff invite community members to come connect, learn, and celebrate the rich diversity of AAPI culture.

Book Talk - Left for Dead: Shipwreck, Treachery, and Survival at the Edge of the World

- Wednesday, May 29 from 7-8 p.m.
- Community Meeting Room in the Main Library, 40 Washington St.

Join author Eric Jay Dolin as he discusses his new book, *Left for Dead: Shipwreck, Treachery, and Survival at the Edge of the World*. The book tells the true story of a wild and fateful encounter between an American sealing vessel, a shipwrecked British brig, and a British warship in the Falkland archipelago during the War of 1812.

This event is generously sponsored by the Friends of the Thomas Crane Public Library.

To view the entire May events calendar, visit the Crane Public Library website: <https://thomascranelibrary.org/>.



Real Estate

Quincy Real Estate Transactions April 29 - May 3

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Melissa Newman & Hilario Coimbra
Tsimafei Shyshpar & Olivia Sulin
Donna Nguyen & Rocky Huynh
Phuc Le & Phuong Pham
Beth Kucera & Weixler Revocable Family Trust
Wu Chan
Arthur & Christopher Foley
Huanquan Yuan & Nijia Xu
Niloofer Roshanfekr
Wing & Moy Lee
James Smith
James & Diane Vey
Rita Prajapati-Mistry
Diane Swan & Perry Family Trust of 1996
Daniel & Nathalie Pareene
JCG Investments LLC
VB-S1 Assets LLC
Ann Doherty & Michael Gagen
Julia Bahrng & Juliana & Henry King
Brandon Koo & Carrie Zhang
Lee-Ann Parsons
Damien & Kevin Rush & Kerriane Doneghey
NQ3 Development

BUYER

Roland Zhou & Tracey Stadelmann
Quyen Ly
Enkeleda Gjoni & Arjan Avdiu
Quyen Chau
Patricia Puliafico
Zhen Chen & Oscar Lee
Donath Family Trust
Ryan Perez & En Chan
David Kirby
Kevin & Terrie Chen
Richard Walsh
Pad Ventures Group LLC
Barakat Family Realty Trust
Timothy Donovan
James Lim
Xiaofeng Huang
Vida Real Evangelical Center
Patrick Bridge
Christopher & Catherine Shanahan
Helen Li
Bochen Jiang & Elizabeth Dong
Golden Dragon Holdings LLC
Austin Mancenido & Nghi Ly

AMOUNT

\$930,000
\$395,000
\$1,005,000
\$600,000
\$585,000
\$300,000
\$369,000
\$400,000
\$264,000
\$650,000
\$905,000
\$315,000
\$377,500
\$525,000
\$320,000
\$465,000
\$115,000
\$425,000
\$495,000
\$599,000
\$350,000
\$572,500
\$788,000

ADDRESS

35 Warwick Street
140 Quincy Avenue
12 Connell Street
80 Graham Street
40 Greenleaf Street
230 Willard Street
179 President Lane
366 Quincy Avenue
133 Commander Shea Boulevard
171-173 Safford Street
41 Dorchester Street
14 Ruthven Street
200 Cove Way
24 Baxter Avenue
35 Des Moines Road
500 Washington Street
285 State Street
211 West Street
46 Tinson Road
160 Quincy Shore Drive
100 Cove Way
41 Moore Street
511 Hancock Street

'Suits For Success' Program Donates To InnerCity Weightlifting

Norfolk County Register of Deeds William P. O'Donnell's Suits for success program recently donated more than 100 articles of business attire, including 10 full suits, to InnerCity Weightlifting.

To some, a suit or dress clothes can seem like an unfortunate necessity that is dragged out of the closet for interviews and special occasions, but for others with a tight budget, it can represent a missed opportunity. For individuals just starting out on the road to success, the high price of a suit can be an insurmountable obstacle.

"A donation like this provides an opportunity for individuals with financial limitations to have something to wear at a job interview or other formal occasion that they may not otherwise have," said Macdonny

Charles, program manager for Inner City Weightlifting.

InnerCity Weightlifting, founded in 2010, is a program designed to keep young people off the streets by using its weightlifting and gym facilities to create a community and network of support that encompasses education, job training and employment in the field of personal training.

"I thank all those who donated to our 'Suits for Success' program, and on behalf of the many kind and generous Norfolk County citizens, Registry staff and real estate professionals who contributed clothing, it was my pleasure to deliver these critically needed items to InnerCity Weightlifting," O'Donnell said. "The program is truly needed, and it is a great resource for the community and I hope other local residents and businesses will consider making a clothing donation."

InnerCity Weightlifting's

mission is to amplify the voice and agency of people who have been most impacted by systemic racism and mass incarceration. They partner with program participants through case management and educate them on careers in personal training, leadership, and beyond. Individuals are trained to become experts in fitness and on the social issues they've lived.

"Presentation is everything, having a suit or dress-clothes going into an interview can help build confidence," said Charles.

Since the Registry started the "Suits for Success" program in February 2009, it has collected and distributed more than 11,300 articles of clothing to local non-profit groups throughout southern Massachusetts.

"We have a lot of students that come in, and they may not have a suit or dress shirts for formal occasions, and this will come in handy



MACDONNY CHARLES, Program Manager for InnerCity Weightlifting, holds up a suit from the collection of the more than 100 articles of clothing donated to the organization through the "Suits for Success" program.

Courtesy Photo

for them if they are going on a job interview, internship, or even to a family reunion," said Charles.

The "Suits for Success" program, developed by Register O'Donnell, partners with groups like Interfaith Social Services of Quincy,

Father Bill's & MainSpring of Quincy, the Veterans Affairs Boston Healthcare System Voluntary Service Program, Needham community council, Circle of Hope in Needham, United Parish's Thrifty Threads, St. Vincent de Paul in Pla-

inville, St. Francis House in Boston, Suits and Smiles in Jamaica Plain, InnerCity Weightlifting, New Life Furniture Bank of Massachusetts in Walpole, and The Office of Youth Employment and Opportunity of Boston. The mission of "Suits for Success" is to collect donations of suitable clothing to be distributed to individuals who may need appropriate attire for employment interviews.

"During the past decade, we have learned that programs like 'Suits for Success' work," said O'Donnell. "This program has given many people a valuable resource to aid them on the path to success and if I can help someone on that path, even in this small way, I will do it every time."



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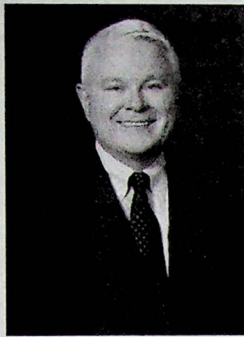
617-479-1000

Dr. Michael Gustafson CEO Schwartz Center For Compassionate Healthcare

The Schwartz Center for Compassionate Healthcare, a national nonprofit dedicated to putting compassion at the heart of healthcare, has announced the appointment of Michael Gustafson, MD, MBA, as the new chief executive officer of the Schwartz Center for Compassionate Healthcare.

Dr. Gustafson, a Quincy resident, is a leader with three decades of experience in healthcare strategy, operations, and leadership, as well as an inspiring personal commitment to improving patient safety, quality of care, and the patient/family experience throughout his career.

Dr. Gustafson brings a wide range of experience, passion, and commitment to our mission of keeping compassion at the heart of healthcare. He most recently served as president of



Dr. MICHAEL GUSTAFSON

UMass Memorial Medical Center (UMMMC), an 800-bed tertiary teaching hospital in central Massachusetts that serves as the clinical partner of the UMass Chan Medical School. Over his five-year tenure, he guided UMMMC through the COVID-19 pandemic while simultaneously implementing a strategic plan to transform quality and safety, patient

experience, and caregiver engagement.

Previously, he served as the president/COO of Brigham and Women's Faulkner Hospital, the Brigham's fully integrated community hospital in Boston from 2011-2018 and as SVP for clinical excellence at Brigham and Women's Hospital from 2000-2011. During this time, he founded the Brigham's Center for Clinical Excellence, which was heralded as a national best practice for how to effectively organize and drive improvement activities within a large, complex academic medical center.

"Michael's visionary leadership, strategic acumen, and dedication to making a positive impact on the lives of healthcare workers, patients, and families align seamlessly with our core values," said Ellen Cohen,

founder and board member of the Schwartz Center for Compassionate Healthcare.

Dr. Gustafson received his medical degree at West Virginia University and completed his general surgery residency at the Brigham, including a three-year, NIH-funded surgical research fellowship at Massachusetts General Hospital. He later went on to become one of the first surgeons to receive an MBA from Harvard Business School. Dr. Gustafson has held academic appointments in surgery at the UMass Chan Medical School and Harvard Medical School, where early in his career he spearheaded some of the first patient safety efforts in the field of surgery.

Dr. Gustafson joins us with a proven track record of driving improvement in quality, safety, equity, ex-

perience, and value for both patients and their caregivers, demonstrating a deep understanding of the challenges and opportunities in the healthcare sector.

"As we embark on this new chapter under Dr. Gustafson's guidance, we are confident that his leadership will further enhance our ability to serve the healthcare community, drive innovation, and make a meaningful difference in the lives of those we support," said Mark E. Reynolds, Schwartz Center board chair

and president of CRICO.

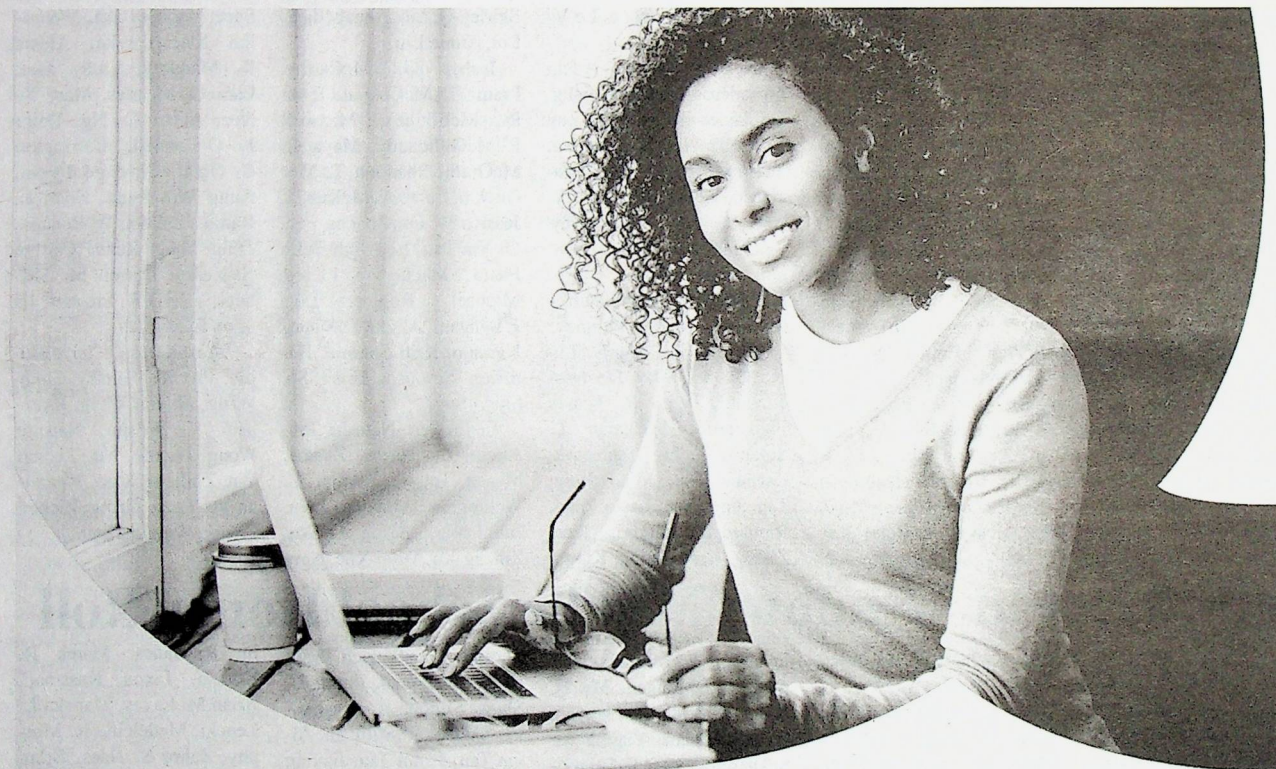
"As I step into my new role as CEO of the Schwartz Center, I'm committed to championing compassion and driving innovation while building a better healthcare world for all," said Dr. Gustafson. "With support from our generous donors, healthcare members, and dedicated volunteers and staff, I look forward to bringing to life the Schwartz Center's vision of creating a world where all who seek and provide care experience compassion."

Three Quincy Students Receive Stonehill College Awards

Three students from Quincy were recently presented Student Life Awards at Stonehill College in Easton. They awards celebrate campus community members for their outstand-

ing contributions to the betterment of Stonehill College.

Quincy residents receiving the awards were Vivian Chen, Olivia Pham and Conor Byrne.



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Let's get to work.

COURSE INFORMATION

Course Dates:
April 23 – May 23, 2024
Class Meets In Person:
Tuesdays and Thursdays
Times: 6–8 p.m.
Cost: \$375



Scan for more information

QUINCY COLLEGE

459 Students On Atlantic Middle School Honor Roll

Four hundred fifty-nine students are listed on the second term honor roll at Atlantic Middle School.

They are:

High Honors

Grade 8: Robert E. Backman, Matilde G. Baldini, Lilah G. Barry, Elijah Thomas T. Benedicto, John A. Castonguay, Chloe O. Chan, Hongching H. Chan, Jeff Chen, Jennifer Chen, Joanna Chen, Junheng Chen, Raymond Chen, Shirley Chen, Xintong Chen, Randy Cheung, Justin Chow, Yulina Chow, Xiran Deng, Julia S. DeOliveira, Mark O. Dezima, Miangelis A. Diaz.

Oisin Faherty, Ella R. Grimes, Chuhong Huang, Vicki X. Huang, Ivan Jiang, Jana M. Kafih, Jacob A. Kelliher, Jacob A. Lai, Anh Quynh Le, Evelyn Lee, John Leung, Edison Li, Hailin Li, Lihong Li, Justin Lin, Kingsley S. Lin, Maggie Lin, Pei Kun Lin, Vincent Lin, Xinhong Lin, Yuchen Lin, Kayla Liu, Nina Liu, Claire A. McGuckin, Joyce Mei, Cash L. Murphy, Alexandra Murray.

Ryan J. Ng, Vivian T. Ng, Ethan K. Nguyen, Kylee T. Nguyen, Paul E. O'Connor, Ruoyi Pan, Maria Luiza Piccoli Fachin Santos, Gabriella Ramos, Keira Saavedra, Isabella C. Scarnici, Yuxuan Shi, Patrick J. Skehan, Ryan P. Skindel, Mary H. Starsiak, Kevin Tan, Jonathan Tanko, Lam P. Tran, Noble Urapeepon, Noah B. Walt, Nathan Wang, Phoebe Wang, Eva Wong, Daniel Wu, Jia Hao Wu, Michelle

Wu.

Sophia Q. Xu, Ryan Yang, Xiao Qing Yang, Marc Yen Ethan H. Yeung, Michelle Yi, Kathy Yu, Wilson Yu, Nelson Y. Zeng, Sophia Zhang, Yantong Zhao, Amanda Zheng, Chenrui Zheng, Emily S. Zheng, Enhui Zheng, Nathan Zheng, Stephanie Zheng, Sylvia Zheng, William Zheng, Christy Zhou, Elaine Y. Zou.

Grade 7: Noor Amjad, Braden P. Bianco, Eilam F. Burke-Lewis, Sophia R. Callahan, Kendall A. Carson, Allen Chen, Caden Chen, Evan Chen, Hanwei Chen, Ivan Y. Chen, Jayden Chen, Jeffrey Chin, Benson Dai, Fayza A. Dinanti, Alexis Do, Jayden Gao, Seth-Odin Green, Niamh C. Grimes, Gordon Guan.

Ella E. Hames, Emily L. Healy, Mya R. Hill-Hassani, Edwin Huang, Zhicheng Huang, Seyma Inanir, Xuanbin Jin, Alexa A. Kasimati, Kieyanna La, Austin C. Lee, Kanchanna Lee, Melissa Lee, Ava R. Lewis, Dawson Li, Yennie Lim, Carson J. Lin, Hongze Lin, Jing Lin, Sophia Lin, Thomas Lin, Tony J. Lin, Xin Yan Lin, Yuhang Lin, Alyssa A. Liu, Wei Liu, Han K. Ly, Gertrude E. Lynch.

Olivia Maciejewska, Wesley Mai, Jayden Man, Kenny Mei, Alex Nadworny, Ella K. Nadworny, Bala Naga Sai Moksha Naidu, Jacoby A. Nguyen, Sophia B. Nguyen, Thu D. Nguyen, Mateo A. Ortiz, Ivan K. Pan, Winnie Pan, Siu Fung Pau, Le Minh Chau Pham, Avy-aaan S. Purohit, Gavin Ruan,

Leanne W. Situ, Dorothy Tan, Justin T. Tran, Eleni A. Tsivelekidis.

Thomas R. Warren, Cheuk Ki Wu, Jayden Q. Wu, Jaylee Y. Wu, Kristie Wu, Daisy Xu, Jiayi Xu, Vicky S. Xu, Vivian Xu, Ye Bing Xu, Sophia Yang, Zihao Ye, Elina Zeng, Whitney Zeng, Dennis Zhang, Eric Zhao, Eric Zheng, Jennifer Y. Zheng, Jeffrey Zhou, Amy Zou.

Grade 6: Sarah Ait-sabah, David T. Bonczar Jr., Lok Yee Chan, Spencer D. Chasse, Frankie J. Chen, Rachel Chen, Wan Y. Chen, Emily Chin, Abigail F. Crowley, Liam H. Dailey, Autumn S. Darosa, Shourya S. Deshmukh, Emmeline J. Diaz, Jack A. Dollard, Andrew H. Eavarone, Natasha Faherty, Ada Guan.

Hayden C. Hill, Zilin Huang, Noah S. Johnston, Grace L. Joyce, Mateo N. Kasimati, Jasmine Kwong, Mason T. Lai, Chloe C. Lee, Dorothy C. Lemay, Layla Leung-Charles, Wanqi Li Pan, Jane Lian, Haoxuan Liang, Sydney Liang, Sydney Lin Ni, Cody Lin, Joyce Lin, Kevin Lin, Olivia Lin, Sandy S. Lin, Jaina L. Lynch, Jianbin Mei, Christine E. Mergel.

Aaran T. Nguyen, Brandon T. Nguyen, Breanna P. Nguyen, Emma Nguyen, Rian Noonan, Anthony T. O'Brien, Diana Petrushyna, Isadora Piccoli Fachin Santos, Xiaohan Qiao, Lily E. Quilty, Grace O. Robinson, Ann M. Robles, Jenny Ruan, Savannah G. Sandefer, Karolyne A. Santana, Hendrick

P. Shi, Audrey G. Simons, Ashley S. Situ, Thuy Su, Nicole I. Tang, Paige I. Toland, Alana T. Torres Pham.

Ngoc Phuong Trac, Mary A. Tran, Nghia T. Tran, Angel K. Truong, Jonela Vidhi, Michael A. Vinitky, Vicky Wang, Olivia G. Wheelwright, Annabelle M. Wilson, Ibbie Wu, Matthew Wu, Kayden Xu, Sophia Xu, Anna Yan, Abby Yang, Jia Kuan Zhao, Jeremy Zhen, Eric S. Zheng, Ruoxin Zheng, Anna Zhou, Cynthia Zhou, Alan Zhu, Eva Y. Zou.

HONORS

Grade 8: Guojun Ao, Nolan K. Ayer, John T. Barron, Jacob Campbell, Andy Chen, Haoting Chen, Jiale Chen, Owen Chen, Dominic J. Colon, James J. Conroy, Sophie H. Dechellis, Brianna R. Feeney, Anthony L. Ferreira, John M. Franceschini, Aliah J. Guerrero, Anthony R. Hemeon, Le Vy Hoang.

Jack K. Irwin, Adem Iskenderoglu, Emily Jiang, Schneider J. Joseph Lucy Kou, Braylin M. Layden, Yaobin Lin, Cole A. MacIsaac, Vienna S. Mai, Jackson J. Manning-Harvey, Shannon I. McCarthy, Leonardo C. Medeiros, Junyu Pan, Nicole Pereira, Audrey M. Perry, Paige E. Phinney.

Vanessa M. Shuris, Lucas Gabriel Silva Do Nascimento, Paulo R. Soares Figueiredo, Sebastian L. Solano, Techin Taemesak, Carmen Tan, Miao Rong Tan, Jiayu Wu, Leshi Yang, Richard Yangming Li, Jerry Zheng, Katy Zheng, Kings-

ley Zheng, Shiting Zhu.

Grade 7: Jazmyn A. Abad, Tyler A. Adie, Kyla A. Alberti, Jacob J. Bell, Jackson P. Breslin, Jayden Cao, Alana A. Cardoso, Daniel Chan, Abigail Chen, Si Yi Chen, Sofia Chen, Suping Chen, Zhehang Chen, Akeishah Zane A. Cruz, Joao V. Damiao Antunes, Clayton J. Dauphinee Jr., Cullen D. Deering.

Kelvin Dhamo, Christina Dong, Joanna Y. Dong, Meave E. Donovan, Nicholas E. Doyle Jr., Xuquan Fang, Alyssa N. Feeney, Jayden-Kristian L. Gruezo, Will Guan, Elizabeth P. Hart, Xanobia Hernandez, Owen Y. Huang, Prudence Huang, Ryleigh E. Johnson, Joshua D. Kopec, Tyler Lam, Madalyn M. Layden, Sebastian Leung-Charles, Zihao Li, Marcos Jia Hao Liang Weng, Aric Lin, Cristy S. Lin, Derrick J. Lin, Shirley Q. Lin, Annabella S. Liu, Annie Liu.

Isabel G. McCarthy, Liam C. McColgan, Evan R. McElhiney, Maxwell P. McGillicuddy, Maya C. McGrath, Shannon T. McGuckin, Caleb A. McKenna, Jessica W. Ou, Yiheng Pan, Oi Yin Pau, Le Minh Tram Pham, Mackenzie Pierce, Michael J. Ruggiero, Liya J. Sangani, Alizet L. Santos Naranjo, Kriti Sharma, Homaion Soroosh, Erica Su, Shuyi Sun.

Leyin Tan, Natasha Tan, Alicia L. Torres Zapata, Mason Totoni, Regina C. Wellington, Jiawen Wu, Junxi Wu, Mason L. Wu, Ziheng Xu, Yufei Xue, Amy

Yan, Alexander J. Yu, Jiatao Zhen, Shuyi Zhen, Olivia Zheng, Stella Y. Zheng, Wen Lin Zheng, Yue Zhou, Isaac Zhu.

Grade 6: Caesar M. Al Zubaidy, Jeissy M. Araujo Valdez, Imani D. Brown, Ethan W. Bruce, Iker D. Chavez Chiessa, Ethan Chen, Jayden Chen, Nathan Chen, Vanessa Chen, Zhichen Chen, Sophia R. Conkey, Chloe J. Conroy, Cole A. Coughlin, Trixie Blaire A. Cruz.

Ann Benedicte Dezima, Jazira P. Douglas, Oliver E. Gajczak, Justin N. Gao, Shichun Gao, Grace R. Graham, Zahraa M. Hatem, Caitlyn Hu, Jayden Huang, Nada Ibraheem, Edmond Jian, Nico C. Kimble, Ivan Lei, Ricky Li, Ethan J. Lin, Nathan C. Lin, Zhimo Lin, Xilin Long, Catherine A. Lopez,

Ian R. MacDonald, Sara Maciejewska, Weronika Maciejewska, Alexis K. Maddrey, Emily Mei, Lara G. Mendes, Mary K. Nee, Aiden C. Ng, Daire J. O'Connell, Carrington C. Outar, Giovanni Pagan, Aung Win Pyint, Noah E. Ramos, Landon W. Renaud, Ding Yang Ruan, Caitlyn Saavedra, Darren M. Siri-souk, Olivia R. Stewart, Jia Xiao E. Switzer.

Alexandros C. Tsivelekidis, Max K. Vinitsky, Cindy Wang, Zhiyan Wang, Elizabeth V. Wilson, Nanette Wong, Nicole Wu, Zixuan Wu, Zhiheng Xiao, Wenxuan Ye, Ryan Zheng, Zichen Zheng, Winnie Zhou.

218 Students On Broad Meadows Middle School Honor Roll

Two hundred eighteen students are listed on the second term honor roll at Broad Meadows Middle School.

They are:

HIGH HONORS

Grade 8: Safy H. Alsaad, Salvatore R. Altavesta, Gianna M. Beck, Francisco J. Bengoa Croxatto, Joseph R. Charbaji, Katelyn Y. Chen,

Lucas Chen, Julian T. Coleman, Ella Dao, Cameron I. Debnam, Sarah M. DiRuzza, Patrick J. Doherty, McKenna M. Flibotte, Gisela Floqi, Skyla S. Guadalupe, Ogeday Gumus.

Nicholas R. Heim, Soren D. Hickman, Tiffany M. Hoang, Darian R. Hockney, Iris Huang, Gabrielle A. Johnston, Caroline A. Ken-

ney, Kathleen L. Kenney, Kirsten A. Kirby, Ethan V. Lam, Jessica H. Lam, Hai Ming Li, Riley F. Loucks, May A. Malvesti, Gabriella V. McDonough, James C. Menz, Charlotte G. Murphy, Kayla N. Ngo, Mason Nguyen.

John N. O'Connor, Prince V. Patel, Richard K. Peng, Peter N. Pham Jr., Minh C. Phan, Ashlynn E. Robertson, Gianna M. Santos, Santia M. Soto Tejada, Jacob N. Supinski, Jessica Tan, Johnny Truong, Yingxin Wu, Nichole Xu, Yuping Yang, William Ye.

Grade 7: Lucianna L. Altavesta, Liam E. Anderson, Allegra C. Anis, Olivia R. Campbell, Kingston Chan, Jenny X. Chen, Yuen Ho Kyle Chen, Cardin Chung, Grace A. Cross, David J. DiBona, Jolie Dong, Lillyanne M. Glorieux-Knight, Ryan F. Griffiths, Isabella E. Grundig, Zia L. Kelly, Kyle V. Lam, Nickolas F. LaMonica, Logan Q. Le, Rachel Liang, Owen Y. Liu.

Molly O. Mandawe, Madison B. Markarian,

Brandon J. McInnis, Giuliana K. Monaco, My H. Nguyen, Sofia T. Nguyen, Ava L. Pham, Vianna M. Schuerch, Sophia R. Sekmokas, Madelyn H. Sollinger, Megan R. Stirling, Layla D. Sullivan, Reighan L. Vebber, Samira Wang, Wesley R. Zaske, Samson J. Zhao, Stanley Zhao.

Grade 6: Azaria A. Abdullahi, Roisin A. Barry, Maria Antonia Bengao Croxatto, Ryersan D. Bowes, Shane P. Byrne, Thomas E. Cappadona, Will P. Cotter, Olina Dao, Lela B. Douillard, Jareene E. Estoce, Shae E. Flibotte, Emmett D. Freedman.

Brendan P. Glynn, Aubrie L. Goodine, Choyang K. Gylapo, Amiya L. Hammond, Keira B. Herlihy, Jaden T. Ho, Tyler A. Lam, Kelly Li, Tai D. Ly, Jack T. MacDonald, Ella M. Marshall, Luke A. Martorano, Charles G. McLaughlin, Kate Y. Mei, Peter N. Menz, Shawn R. Munchbach.

Bella T. Nguyen, Ivy Nguyen, Kou W. Nishizawa, James Prifiti, Colette D. Ricci, Varun Sai Saravana,

Thomas A. Satkevich, Francesca P. Scarnici, Emma C. Shaw, Simone A. Shishkova, Samuel R. Sullivan, Alvin Tan, Justin Tan, Jiaying Wang, Hailey Ye.

HONORS

Grade 8: Sarah Abouyoussef, Rabab H. Alftelawi, Matteo J. Bonsignore, Cameron J. Canavan, Bryson D. Cary, Tiffany Y. Chen, Darion Crawford, Mark J. Daru, Sarebell Guzman Aguasviva, Christopher J. Healey.

Madelyn L. Knoblich, Matthew J. Krystyniak, Kiera R. McKenzie, Samuel J. McMillen, Nicholas J. Mellyn, Hafssa Messoudi, Gabriel A. Pavidis, Stella J. Purcell, Cezar Junior T. Satler, Kieran J. Sheehan, Savanna N. Tran, Benjamin L. Vines.

Grade 7: Hussain H. Alzubaidy, Holden Blair, Michael R. Castillo, Keaton W. Cavin, Zakariyya K. Chaani, Wenjie Chen, Cali M. Clifford, Abigail N. Dennehy, Joshua A. Fiorentino, Kaitlyn R. Fortune-Balcam, Jennielys C. Gonzalez Cartagena, Ronald Gonzalez Tapia, Mallory C. Jacobs, Tay-

lin R. Janes, Marek R. Konish, Jaxon Kussman, Brian M. Lavey, Mariska L. Lencki, Madeleine R. Murphy, Zahra S. Naes, Brian T. Nguyen, Mateo D. Ortiz, Abhishek Parasar, James O. Rheault, Jesse E. Robertson, Jason H. Tang, Aaralyn A. Vargas-Almeida, James D. Velasquez, Winnie Wu.

Grade 6: Ruqaya H. Alzubaidy, Brooke I. Baylis, Bryanna R. Baylis, Aiden T. Brown, Cory Burke, Leo B. Cardoso, Isaac I. Castro, Tayla R. Chenette, Jose D. Crespo Pena, Mark J. Del-tufo, Lily A. Ellis-Buccini.

Devon L. Francis, Robensley Francois, Kohen J. Frazzini, Cooper J. Glynn Burke, Zackery J. Godfrey, Amy L. Huang, Jefferson Huang, Manuel L. Jose, Briana J. Lagrant-Smith, Ciaran C. Lee, Vincent W. Li, Kyoa H. Ly, Genesis G. Mejia Melendez.

Declan J. O'Hare, Amir K. Pierre-Louis, Corey C. Radzik-Clybourn, Juliana B. Rand, Ava E. Ryan, Dara J. Santoro, Giada M. Sylva, Kevin J. Tobin, Reda Traibi, David Tran, Caden T. Wallace, Sunny Wu.

Flutie Foundation To Host Stars Of The Spectrum Music Festival Aug. 3 At Veterans' Memorial Stadium

The Doug Flutie Jr. Foundation for Autism will again host the nation's largest music festival by autistic artists, for the autism community on Saturday, Aug. 3 at Veterans' Memorial Stadium in Quincy.

This year, the foundation is introducing free tickets to the people and families affected by autism.

The Doug Flutie Jr. Foundation for Autism STARS of the Spectrum is a sensory-inclusive music festival that celebrates and elevates the voices and stories of people with autism, offering everyone the opportunity to enjoy star-studded performances by top artists as well as leading artists from the autism community and mission-centric artisans.

Free tickets are limited and available now at <https://flutiefoundation.org/starsofthespectrum/>. Full concert lineup will be announced soon.

Mental Health Awareness & Mindfulness

By LORI SCOTT
What is Mental Health?

Mental health affects a person's thinking, mood, and/or behavior and includes your emotional, psychological, and social well-being. Our mental health helps determine how we handle stress, how we relate to others and how we make healthy choices.

Some mental health illnesses include depression, anxiety, bipolar disorder, personality disorders, eating disorders, trauma-related disorders (post-traumatic stress) or substance abuse disorders. According to the CDC, mental and physical health are equally important components of a person's overall health. In the United States, nearly one in five adults have a mental health condition. That's nearly 52 million people.

Mental health isn't just about having or not having a mental illness. There are times when we all could use a "Mental Health" day - an intentional break from the usual hectic routine to alleviate stress and improve well-being. Our overall health is affected by all aspects of our lives, which affects how we experience life, work and time with our loved ones. It can be extremely beneficial to take a day away from your responsibilities with the intention of restoring your energy and recharging your battery.

What is Mental Health Awareness?

Mental Health Awareness began in the United States in 1949 by the Mental Health America (MHA) organization. During the month of May, MHA, its affiliates, and other organizations interested in mental health participate in a number of activities. This ongoing effort is meant to reduce the stigma around mental health conditions by sharing our personal experiences. With so many misconceptions about mental health, people often suffer in silence and their conditions go untreated.

Over 20 years ago, my doctor suggested I try yoga and meditation to help reduce symptoms of stress and anxiety. My mission is to create a safe and supportive space through yoga and meditation to encourage growth, healing and self-care. I teach with authenticity about my practice and my life experiences (good and bad) to create a welcoming space for others to do the same. Taking good care of ourselves, sharing our experiences and taking good care of each other is important all year long. We all grow stronger, together.

How Mindfulness Can Help

There are many different ways to improve our mental health including mindfulness. A big part of this practice involves being fully present and learning to be satisfied with the present moment. Seems simple enough, but this can be difficult for many of us - especially if you are an over-thinker and have a tendency to dwell on yesterday or worry about tomorrow.

A depressed mind focuses on the PAST, ruminating over things that have already happened. Replaying events from the past with regret prevents us from being present today.

On the other hand, an anxious mind focuses on the FUTURE ruminating over things that haven't even happened yet. Overthinking to the point where the situation now lives in the future where it is no longer truly happening.

Contentment can be achieved when you're in the PRESENT moment. In this moment, you are receiving information about a situation acknowledging - without any judgment - that it isn't good or bad, it's just an observation of what IS.

A significant amount of evidence-based research shows that the practice of mindfulness can help reduce the symptoms of depression and anxiety bridging the gap between emotions from the past and eagerness of the future.

Eckhart Tolle's famed book *The Power of NOW* talks about living in the awareness of the present moment. He says, when you're focusing on "the NOW", you have some peace because in that split second, you are thinking. If you are thinking; it means you are breathing. If you're breathing, you're alive. If you're alive, then you have one thing to be grateful for. Even in times of difficulty, each moment you inhale and exhale is proof that your immediate need is being met.

If we can leave the past where it is and give no thought to the future until it's in front of us, we can begin recognizing where our emotions are on a timeline. For example, if you feel regret, sadness, anger - these emotions are focused on the PAST. If you feel worried, anxious or excited - your emotions are focused on the FUTURE. When you are in the PRESENT, you may feel a sense of calm because in that brief moment, you are free from regret and worry.

Mindfulness means being at ease with both comfort and discomfort. It means being able to sit with the challenging emotions we feel, when we feel them. Mindfulness is not always easy to practice especially during the most difficult times, that's why it's called a practice. We just keep practicing, one breath at a time.

Tips for Cultivating a Mindfulness Practice

Meditate. There are many different ways to practice meditation. The goal isn't to clear your thoughts or have no thoughts at all, but rather to pay attention to the thoughts passing through your mind without getting too caught up in them. You might start with listening to a guided meditation online or using an app such as Headspace, Calm or Insight Timer.

Breathe. Mindful breathing is a formal practice that has been scientifically proven to alleviate symptoms of depression and anxiety. It can be as simple as paying attention to your breath, noticing how it feels and sounds when you inhale and exhale. Or, you may focus on a specific breathing technique for a certain period of time such as Equal Balanced Breathing (inhaling for a count of 5 and exhaling for a count of 5). The goal is to breathe deeply from your belly instead of your chest where breath tends to be shallow. Sitting with a tall spine, placing one hand on your belly helps to focus on deep breathing. Taking a deep inhale beginning in your belly, expanding your lungs, widening your ribcage then exhaling for equal duration. If you're counting and focusing on this activity, your thoughts are less likely to be somewhere else, like in the past or future. Consider repeating a mantra to stay focused on your breathing (inhale... "I AM"... exhale... "HERE NOW").

Pause. Before an activity such as driving, pause and take a mindful deep breath and soften your shoulders. When driving, use red lights as a reminder to notice your breathing and relax your shoulders down.

Check-in. Instead of jumping out of bed in the morning, take a moment to do a mindful check-in. Start your day with greater present moment awareness by asking yourself, "what do I need most today?"

Move with intention. We typically walk with the purpose of getting from one place to another. Try walking throughout your day with intention noticing the sensations you feel

MONTHLY MINDFULNESS

By Lori Scott, E-RYT 500

OWNER OF LORI SCOTT YOGA & WELLNESS



in your feet touching the ground. Notice your muscles engaging in your legs as you move. Pay attention to the feeling of the wind or sun on your skin and the sounds you hear around you. When your thoughts drift, return to what you're experiencing in your body.

Be where your feet are. When doing chores, practice mindfully washing dishes, folding laundry, cooking dinner, etc. For example, if you're peeling a potato and your mind is worrying about something. Come back to the present moment by acknowledging the activity. First, get grounded by noticing your feet touching the floor. Your hands holding the potato and the way it feels in your hand. Notice the sound it makes when you peel it. When you rinse it, pay attention to how the warm water feels on your hand. We can notice meditative moments in our everyday activities by simply being present with the task while it's happening.

Feel. Begin to notice the emotions you feel throughout your day, sit with them, accept them and then trust yourself to be at ease with them. It is through that ease, you recognize your own ability to feel calm without getting overwhelmed. Notice if you are spending your day time traveling to periods that either no longer exist or may not even happen - you could be missing out on creating new amazing moments that are right in front of you.

Join a yoga community! If you're looking for a community of kind people who support you living your best life, you can find us on Wollaston Beach across from Hollis Ave every Sunday morning 8-9 am beginning on May 12th through the end of September. Class is for all levels, beginner friendly. No yoga experience, flexibility or sign up needed. Together, we practice breathing, slowing down, finding peace and having some fun. 'Easy like Sunday morning' is our motto! Class is \$15/p Cash Only.

Sometimes these practices or the support of loved ones is not enough and we need help. **PLEASE ASK FOR HELP by calling or texting 988 Suicide & Crisis Lifeline and get connected to a trained crisis counselor 24 hours a day, 7 days a week or visit www.988lifeline.org.**

You are not alone.

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Founder & Director of Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in leading retreats, certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

www.loriscottyoga.com.

Legislative Update – State Sen. John Keenan

Cont'd From Page 5

Olena Bondarenko came to Beacon Hill through the American Councils for International Education's fellowship program. For three weeks, she worked in my office, attending briefings and meetings, researching legislation, and sharing her own personal experiences with my staff and me. It was truly a once-in-a-lifetime learning experience for all of us.

Olena is from Poltava, where she works as the head of the foreign economic activity department at the Yednist Group. Due to her work, we all spent a lot of time discussing agricultural and economic policies here, and

how they could relate to her work back home, but those aren't the conversations that stick with me most vividly.

She shared her experiences of being displaced by war, seeing her children try to adapt to life in a foreign country, and ultimately her decision to return to Ukraine. She told us of her family members who are serving in the military and how some of these relatives had already been killed in the fighting. She showed us the app on her phone that went off to alert Ukrainians to missile strikes.

We also got to hear what she thought of Boston. How much she enjoyed Fenway Park and pizza in the North End. By the end of her time here, she could commiserate about the Red Line alongside any lifelong Bay-stater.

Too often, our compartmentalizing the events of the world means losing track of the humans involved and, along with them, their deeper meaning. After the last few weeks, I feel like we have gained some of that back. I am so grateful to Olena for spending time with us.

More Quincy news:

The Quincy Sun.com



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Quincy/Marina Bay Office

500 Victory Rd. Suite 400, Quincy, MA. 02171

Office: (617) 404-2001

Website: <http://atlanticcoastengineeringllc.com/>

Email: info@atlanticcoastengineeringllc.com

On Tuesday, April 30, at about 10:21 p.m., Officer Thomas was dispatched to Hamilton Street for a report of person being assaulted and robbed by three males. Upon arrival, the victim told Officer Thomas that he was walking home from work and had been assaulted and robbed by three teenagers wearing hoodies. They stole his property, including a black "Adidas" backpack.

Multiple other patrol units were dispatched to the area to attempt to locate the suspects who had fled. Officer Le notified our Communication Division that he located three males wearing black hoodies walking on East Squantum Street near Bayfield Road.

Officer Thomas responded to this location. The males were asked where they were going to which they responded "home". Further conversation, the fact that the males fit the

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

description and one of the males had a black "Adidas" backpack which he stated was his friends the male were told to place their hands on the fence. At this time all three males fled on foot. Officers Thomas and Le radioed Communications that they were engaged in a foot pursuit.

Officer Murphy and his K-9 Drago began a track at the 60 block of Thoreau Road. K-9 Drago immediately alerted to evidence in the rear yard of a residence. Officer Murphy and K-9 Drago continued tracking through the woods and

out onto Botolph Street. Officer Milliken radioed that he had one of the suspects detained in the lot of the Thoreau Wood Condominiums and was placing him in custody. A short time later Officer Walker located and detained a second suspect on Newbury Street, and he was placed into custody. The third suspect was not located.

Both suspects in custody were transported to police headquarters for booking in separate cruisers. Several items that were dropped along the way and located on the suspects were collected as evidence.

The two suspects in custody were charged with unarmed robbery and receiving stolen property, one of the two was additionally charged with possession of burglarious instruments (screwdriver). They were later arraigned at Quincy District Court.

Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, APRIL 26

DISORDER (two males), 6:54 a.m., Father Bill's Place, 39 Broad St. The instigator was suspended from Father Bill's and sent on the way. Peace restored.

LARCENY (sneakers), 9:44 a.m., Archstone, 95 West Squantum St. Report filed.

LARCENY (package), 12:16 p.m., 8 Highpoint Cir. Report to be filed.

LARCENY (of a cup), 10:04 a.m., Wollaston Manor, 91 Clay St. Report filed.

DISORDER (over return), 10:23 a.m., Kam Man Food, 215 Quincy Ave. Advised, sent on way. Peace restored.

DISORDER (two cars), 12:22 p.m., 100 block of Franklin St. No contact between either vehicle. Caller advised. Other vehicle gone on arrival.

DISORDER (road rage), 1:11 p.m., Furnace Brook Parkway and Southern Artery. Inconsiderate driving by both operators. Advised, sent on way. Operators pulled over to ask for advice from detail officer.

ASSAULT (male in his building), 3:50 p.m., Wollaston Manor, 91 Clay St. Both involved check out fine and were advised. Verbal argument.

LARCENY (purse), 5:59 p.m., Lowe Street. Report to be filed.

UNARMED ROBBERY (mugged and assault), 11:04 p.m., 70 block of Hamilton Street. Caller reports being robbed by two males, believes they fled in a vehicle. He states his cell phone, wallet, bag and other belongings were taken. Report filed. Bureau of Criminal Investigations to follow up.

SATURDAY, APRIL 27

DISORDER (male), 10:51 a.m., City Hall, 1305 Hancock St. Peace restored. Sent on way to MBTA station.

DISORDER (two males argued), 3:36 p.m., Stop and Shop Supermarket, 495 Southern Artery. Peace restored. One person sent on way.

DISORDER (past), 5:12 p.m., 995 Southern Artery. In regards to a tow truck driver towing his vehicle and there was an argument and states tow truck driver pulled a gun on him. Report to be filed.

DISORDER (possible assault), 8:07 p.m., Wash Dry, 6 Elm Ave. Trespass notice issued to one person, who was sent on the way. Peace restored.

SUNDAY, APRIL 28

BREAKING AND ENTERING/MOTOR VEHICLE, 1:33 a.m., 200 block of Federal Avenue. Report filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 6:30 a.m., 222 Federal Avenue. Report filed.

DISORDER (male), 10:40 a.m., 220 block of Quincy Avenue. Area resident upset with his food order. Involved persons left. Peace restored.

LARCENY (bike), 2:46 p.m., 50 block of Cleverly Court. Report filed.

SHOPLIFT (male), 3:01 p.m., Stop and Shop Supermarket, 495 Southern Artery. Sent on the way and advised. Store to handle.

VANDALISM/PROPERTY (car), 4:12 p.m., Bass Street. Caller states dirty water was thrown at her car, and

when she opened her engine bay, she found meat. She believes it is from the restaurant nearby. Report to be filed.

LARCENY (computer), 6:10 p.m., 530 block of Willard Street. Case number provided and report to be filed.

VANDALISM/PROPERTY (threw basketball), 7:20 p.m., Shed Street. Caller states kids threw basketball at front screen, breaking glass. Did not have a description of group. Report to be filed.

LARCENY/MOTOR VEHICLE (scooter), 7:25 p.m., Watson Road. Report to be filed. Later recovered on Keyes Street.

RECOVERED VEHICLE (scooter), 8:14 p.m., Keyes Street. Towed by Schlagers. Report to be filed.

ATTEMPT/MOTOR VEHICLE/BREAKING AND ENTERING (five minutes ago), 9:31 p.m., Mortimer Terrace. Report to be filed.

MONDAY, APRIL 29

DISORDER (yelling and banging), 1:05 a.m., 100 block of Water Street. Female upset with faulty CO detector. Advised. Peace restored.

DISORDER (female yelling stop), 2:19 a.m., 95 West Squantum Street. Parking lot of above building. Male had left the area. All quiet now.

BREAKING AND ENTERING/MOTOR VEHICLE (last night), 8:42 a.m., 30 block of Edgeworth Road. Report to be filed.

DISORDER (dispute), 8:56 a.m., Scrub a Dub, 459 Southern Artery. Customer advised and sent on the way. Peace restored.

SHOPLIFT (past), 10:37 a.m., Target, 289 Hancock St. Report to be filed.

DISORDER (in progress), 10:38 a.m., Quincy District Court, 1 Dennis F. Ryan Parkway. Peace restored.

DISORDER (neighbors), 10:51 a.m., 100 block of Wilson Avenue. Dispute over a fence. One person punched in the face. Report filed for simple assault and battery. Court complaint filed.

SHOPLIFT (juvenile), 12:23 p.m., Target, 289 Hancock St. Juvenile suspect issued a trespass notice and sent on the way with the parents.

LARCENY (of package), 3:30 p.m., UPS Store, 377 Willard St. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (unknown people in car), 5:09 p.m., Fratellis, 25 Broad St. Sent on way and report will be filed. One person to Carney Hospital for evaluation.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 6:52 p.m., 200 Falls Blvd. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 9:03 p.m., Hummock Road. Report to be filed.

TUESDAY, APRIL 30

DISORDER (possible crash), 8:30 a.m., Southern Artery and Washington Street. Both advised and sent on way. Road rage, peace restored.

SHOPLIFT (wire), 10:33 a.m., Home Depot, 177 Willard St. Trespass notice issued. Suspect sent on the way. Store to handle.

SHOPLIFT (male), 10:36 a.m., Target, 289 Hancock St. Suspect issued trespass notice and sent on the way. Store to handle.

SHOPLIFT (active), 11:13 a.m., Stop and Shop Supermarket, 65 Newport Ave. Items returned. Case number given.

VANDALISM/CTY (sidewalk), 2:19 p.m., Allerton Street. Resident put cinder blocks along sidewalk so that no one can park there. Advised. Blocks will be moved.

VANDALISM/PROPERTY (door damaged), 4:45 p.m., Jiffy Lube, 645 Washington St. Advised and provided case number. No suspect info.

SHOPLIFT (male and female), 5:18 p.m., Stop and Shop Supermarket, 495 Southern Artery. Report to be filed.

VANDALISM/PROPERTY (keyed car), 6:56 p.m., Star Market, 130 Granite St. Caller states he came out and found his vehicle damaged. Looks like it was keyed. Report to be filed.

SHOPLIFT (two females), 8:40 p.m., Stop and Shop Supermarket, 495 Southern Artery. Trespass notice issued and two female suspects sent on the way. Store to handle.

WEDNESDAY, MAY 1

LARCENY (dine and dash), 12:56 a.m., Cloud Asian Fusion Bar, 217 Quincy Ave. Suspect stopped by Braintree Police and issued a trespass notice from above.

LARCENY/ATTEMPT/MOTOR VEHICLE (possible stolen vehicle), 5:13 a.m., 808 Willard St. Report to be filed.

BREAKING AND ENTERING/PAST (overnight), 8:58 a.m., 100 Walter J. Hannon Parkway. Naughton Brothers Corp. had a breaking and entering to locked box and a work truck. Report filed.

DISORDER (male), 12:23 p.m., Rockland Trust Bank, 495 Hancock St. Report to be filed.

SHOPLIFT (male and female), 2:07 p.m., Walgreen Pharmacy, 132 Granite St. Two under arrest for shoplifting. Report to be filed. Items returned to the store.

LARCENY/MOTOR VEHICLE (reported theft), 2:40 p.m., St. Moritz Village, 772 Willard St. Report filed.

LARCENY/MOTOR VEHICLE, 3:09 p.m., Harborview Apartments, 270 Quarry St. Report filed.

RECOVERED/VEHICLE (red scooter), 5:20 p.m., 700 block of Willard Street. Vehicle was recovered prior to being entered as stolen. Biondi's towed scooter.

BREAKING AND ENTERING/MOTOR VEHICLE (Rolex stolen), 5:22 p.m., Parkway Q Business Center, 25 Cottage Ave. Caller states a Rolex watch was stolen from her vehicle while it was parked. Report to be filed.

THURSDAY, MAY 2

SHOPLIFT (just fled), 9:49 a.m., TJ Maxx, 100 Granite St. Suspect issued a trespass notice and sent on the way. Store to handle.

LARCENY (leather jacket), 1:20 p.m., 27 Temple St. Report filed.

LARCENY (groceries), 2:24 p.m., 9 Holmes St. Report to be filed.

LARCENY (broken storm door), 5:31 p.m., 160 block of Copeland Street. Report to be filed.

WORKING FIRE (dumpster fire), 10:30 p.m., 151 Granite St. Dumpster on fire in the back of the building. QFD to handle.

AAA: Massachusetts Gas Prices Up A Penny, Average \$3.60 Per Gallon

Thanks to cheaper crude oil and lackluster gasoline demand, pump prices could be leveling off for the time being.

Oil prices have shed nearly \$10 per barrel over the past month, easing pressure on pump prices. Meanwhile, demand for fuel is unexceptional with Memorial Day and the start of the summer driving season less than three weeks away. According to the Energy Information Administration, crude oil inventories surged last week while gasoline demand increased only marginally. Here in the Northeast, 1.5

million barrels of gasoline were added to regional storage and nationally, crude stocks surged by 7.3 million barrels.

The average gas price in Massachusetts is up one cent over last week (\$3.59), averaging \$3.60 per gallon. Monday's price is 28 cents higher than a month ago (\$3.32) and 14 cents higher than May 6, 2023 (\$3.46). Massachusetts' average gas price is 5 cents lower than the national average.

"From a demand perspective, we've entered a pre-Memorial Day funk," said Mark Schieldrop, Senior Spokesper-

son for AAA Northeast. "With increasing supplies and the cost of a barrel of oil falling into the upper 70s, prices could stay flat in the immediate future."

AAA Northeast's May 6 survey of fuel prices found the current national average unchanged from last week (\$3.65), averaging \$3.65 a gallon. Monday's national average price is 6 cents higher than a month ago (\$3.59) and 11 cents higher than this day last year (\$3.54).

Koch Submits \$424M Budget; Up \$18.3M

Budget Public Hearing Monday, May 13, 6:30 P.M. Great Hall Of McIntyre Government Center

Cont'd From Page 1

funds, among other new positions. It does not include a raise for the mayor. Koch said he would submit an order dealing with raises for the mayor and city councilors during the May 20 City Council meeting, and the budget could be adjusted as needed.

Koch unveiled the proposed budget for fiscal year 2025, which begins July 1, during Monday's meeting of the City Council. He said that while other communities in the area are facing layoffs or contemplating Proposition 2 1/2 overrides this spring as they prepare for the new fiscal year, Quincy is not.

"First of all, I'd like to remind people that this is a stable budget. When you look around the region, look around neighboring cities and towns, there's a lot of challenges people are facing," Koch said. "I certainly wish them well, but we are not in a position where any of them are, so we are not doing layoffs, we are not doing cuts. We have plenty of room in the excess levy capacity, so we are not even entertaining any kind of Prop 2 1/2 override like many other communities are doing.

"I just want to thank you, this body, for the great work

over the years in keeping this budget tight, watching the revenues, watching the expenditures, and being responsible."

The budget, Koch added, "reflects the values of the city."

"We hold education high and dear. Public safety. Our parks, our libraries, our veterans' services, our council on aging - we could go on and on," Koch said. "As you know, the city meets a lot of needs in various ways."

The proposed \$423,999,367 budget for fiscal year 2025 includes an increase of \$18.3 million or 4.5 percent over the fiscal year 2024 budget of \$405,691,060. The proposed increase between fiscal years 2024 and 2025 is less than the \$33 million or 8.8 percent increase seen between fiscal years 2023 and 2024.

Koch's proposal includes a new Department of Grant Management with a budget of \$444,443. That would include funding for three employees - a director at a salary of \$122,003, a grant writer at a \$100,940 salary, and a grant funds manager at a salary of \$95,000. The mayor said the city has been using federal American Rescue Plan Act funding to pay for those positions in recent

years, and it makes sense for them to be in the general fund budget with the federal funding set to expire.

"It makes sense to have people focused every day on what's available at the federal level, at the state level," Koch said. "There are certainly some formula grants that come in automatically, we still have to do paperwork, but then there are those grants that other communities are competing for and we need to have the best applications...and that takes work."

Koch added that some of the other communities in Norfolk County were unable to avail themselves of ARPA funding made available through the county because those communities do not have the staff to seek that funding. Quincy meanwhile has already submitted an application for the next round of ARPA funding available through the county, he said.

Ward 1 Councillor David McCarthy called the proposal a "solid move."

"Dealing with a few of the grant writers, it's always commented that if they don't do it or they're not aware of it, they're leaving it on the table. Sometimes when they go in for a particular grant, they're very surprised there is plenty of funding there -

no one has been in there and no one is really doing the work," McCarthy said. "I think this is a solid move."

The proposed budget also includes a new assistant traffic engineer position within the Traffic, Parking, Alarm and Lighting (TPAL) Department at a salary of \$102,088. Koch said department head Ed Grennon and traffic engineer Allie Ruel had requested the new position "to assist Allie with the challenges we have."

Ward 6 Councillor William Harris said he welcomed the addition of the new traffic engineer.

"That's thinking forward," Harris said. "I know that anybody who reads about this...or sees it, will be pleased with it, because just that one highlight in the budget is so important."

The budget would also add a new HR generalist position within the Human Resources Department and additional staff within the cemetery division of the Department of Natural Resources.

The proposed budget would increase the general fund portion of the Quincy Public Schools budget from \$127.54 million in the current fiscal year to \$134.19 million in the new fiscal year. The School Commit-

tee, not the City Council, will determine how those funds are allocated.

The Quincy Police Department's Budget would increase from \$40.29 million in the current fiscal year to \$41.61 million in fiscal year 2025. The Quincy Fire Department's Budget would rise from \$32.27 million in fiscal year 2024 to \$35.4 million in the new fiscal year.

The budget sets aside \$57.55 million for long-term debt payments, up from \$51.6 million in the current fiscal year. That includes \$17.29 million for the payments on the city's pension obligation bond, up from \$16.47 million in the current fiscal year. Koch said the city would be in a different position budget-wise had councillors not approved the \$475 million pension obligation bond in 2021.

"Had we not done the pension obligation bond when it was a historic low interest rate - 2.62 percent - had we not done that, this budget would have been a hell of a lot more of challenge," Koch said. "We're saving over \$26 million [from] what the bill would have been from the retirement board after debt service. So, again, I thank this

body for their wisdom on that vote, because it does matter."

The budget also sets aside \$8.39 million for short-term debt, up from \$7.44 million in the current fiscal year. In addition, the budget includes \$60.08 million for health insurance, up from \$59.7 million in the current fiscal year.

Koch on Monday also introduced the sewer and water enterprise fund budgets for fiscal year 2025. Koch is proposing to increase the sewer enterprise fund budget from \$29.22 million in FY24 to \$30.04 million in FY25 and the water enterprise fund budget from \$23.86 million to \$26.27 million.

The City Council will hold a public hearing on the budget on Monday, May 13, at 6:30 p.m. inside the Great Hall of the McIntyre Government Center (old city hall) at 1305 Hancock St. The council's finance committee will begin its review of departmental budgets following the public hearing. Additional finance committee meetings have been tentatively scheduled for Wednesday, May 15, and Wednesday, May 22.

Councillors can make cuts to the budget, but cannot make increases.

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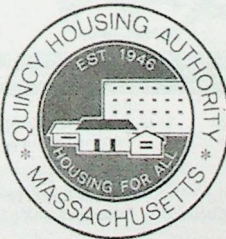
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執行董事

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22 Candidates File Papers Locally For State Election

Cont'd From Page 1

return them to local election officials for certification. Those candidates have until May 28 file nomination papers with the Secretary of State's Office.

Party candidates running for federal office – including US senator and US representatives – had until Tuesday to return signatures to local election officials for certification. The deadline for them to file with the Secretary of State's Office is June 4. The deadline for non-party candidates for federal office to submit nomination papers to local election officials is July 30, and they must file with the Secretary of State's Office by Aug. 27.

A total of 22 potential candidates for district, county and federal office

had submitted papers to the Quincy City Clerk's Office as of noontime on May 2. It is possible that additional would-be candidates returned nomination papers for certification to election officials in other communities.

The three state representatives from Quincy, all Democrats, filed papers to run for reelection. They are: Bruce Ayers (1st Norfolk District), Tackey Chan (2nd Norfolk District) and Ronald Mariano (3rd Norfolk District). Also filing papers to run for state representative is Sharon Cintolo, a Quincy Republican, who is seeking the seat held by Chan.

State Sen. John Keenan, a Quincy Democrat, likewise filed papers to run for reelection in the Norfolk

and Plymouth District. No potential challengers filed papers with the Quincy City Clerk's Office in that contest.

Two candidates, both Democrats, returned nomination papers to run for governor's councillor in the 4th District, which includes Quincy. They are: Stacey Borden of Boston and Ronald Jacobucci of Quincy. The incumbent office holder in the district is Christopher Iannella Jr., a Boston Democrat.

Two candidates, both Democrats, returned nomi-

nation papers to run for Norfolk County register of deeds. They are: incumbent William O'Donnell of Norwood and challenger Noel DiBona, a Quincy city councillor.

Two candidates, both Democrats from Milton, returned nomination papers to run for Norfolk County clerk of courts. They are: Robert Jubinville, the clerk magistrate of Framingham District Court, and Walter Timilty III, a state senator. Timilty's father, Walter Jr., is the current clerk of courts.

Two incumbent county

commissioners – Joseph Shea of Quincy and Robert Staiti of Canton, both Democrats – returned nomination papers to run for reelection.

Five candidates returned nomination papers to run for US Senate. They are: incumbent Democrat Elizabeth Warren of Cambridge; Republicans Robert Antonellis of Medford, Ian Cain, a Quincy city councillor, and John Deaton of Swansea; and Brandon Griffon of Whitman, who is running as a member of the Workers Party.

Four candidates returned nomination papers to run for US representative in the Eight District, which includes Quincy. They are: incumbent Democrat Stephen Lynch of Boston and Republicans Robert Burke of Dedham, James Govastos of Walpole, and Matthew Lynch of Abington.

The state primary election would be held on Sept. 3 and the final election is slated for Nov. 5. Early voting, both by mail and in-person, will be available ahead of both the primary and the final election.

Lunar New Year Holiday Clears First Vote

By SCOTT JACKSON

The City Council's ordinance committee on Monday unanimously approved an ordinance that would designate Lunar New Year as a school holiday in the city and the full council could approve the item as soon as May 20.

Councillors Nina Liang, Scott Campbell, Noel DiBona, Richard Ash and Ian Cain had introduced an ordinance on April 22 that would have designated Lunar New Year as a legal holiday in the city. Based on guidance from City Solicitor Jim Timmins, Liang on Monday said councillors could not designate a new legal holiday under state law, and so she amended the ordinance so that it would require Quincy Public Schools be closed in observance of Lunar New Year while no longer declaring it a legal holiday.

"I just want to be really clear that this isn't us legislating the entirety of the school calendar. That's something that's not within our purview," Liang said. "We're simply focusing on the recognition of one holiday, having schools closed

for that day, and that is something we can do and are able to accomplish with this."

A number of students, parents and other community members had lobbied the School Committee to close schools in recognition of Lunar New Year as the school board reviewed the calendars for both the current school year and the next school year that starts in September. The school board on April 10 voted 4-2 to approve a calendar for the 2024-25 school year that keeps schools open on Lunar New Year. Mayor Thomas Koch, the chairperson of the School Committee, and Courtney Perdios had voted against the calendar because it did not include a day off for Lunar New Year.

Liang on Monday said city councillors need to ensure the voices of the residents they represent are heard.

"Our responsibility here is to legislate, that's our formal responsibility, but I'd argue that our informal responsibility which is the most important is to our constituents, to our residents who elected us to be here and in service to them representing them and making sure their voices are being heard," she said.

"This ordinance does just that. It responds to an overwhelming number of requests from our constituents and making sure that their voices are in fact being heard."

Campbell said it was long overdue for the school system to close in observance of Lunar New Year. Students who celebrate the holiday will no longer have to choose between being in school that day or being with their families, he said.

"We can take that out of the equation, and I think it's important we move forward with this, and that's why I supported it," Campbell said.

Cain thanked Liang for leading the effort to create the new school holiday.

"As the East Asian community has become such a strong component of the

fabric of the city of Quincy, this is a historic measure," Cain said. "Thank you very much for bringing this to us."

DiBona said 39.5 percent of the more than 10,000 students enrolled in the Quincy Public Schools are of Asian descent and more than half of the students at some schools – including North Quincy High School, Atlantic Middle School, and the Montclair, Wollaston, Parker and Beechwood Knoll elementary schools – are of Asian descent. DiBona added that he received more than 200 emails in support of the Lunar New Year holiday prior to Monday's meeting.

"In my tenure of being an elected official, as a councillor and on the School Committee, I don't know another issue that had more emails, more phone calls, or more correspondence from constituents," he said.

Ward 6 Councillor William Harris said the measure was long overdue.

"I think that this, as was said, is long overdue. Thank you, Councillor Liang, you have 100 percent of my support," Harris said.

After all nine city councillors voted to pass the ordinance out of committee, Liang extended her thanks to the residents who lead the letter-writing campaign in support of the holiday. She also extended thanks to her colleagues as well as Koch, Perdios and former School Committee member Frank Santoro for their support of making Lunar New Year a holiday.

"As someone born and raised in the city, I always knew I belonged here but now to have that validated by my colleagues, by this government in this city, by the mayor's office and again by my colleagues, for you to all come together as a city to say, 'you are actually accepted here, you belong here,' just thank you," said Liang, who was visibly choked up.

Following Monday's meeting, Koch said he was in support of the council's move to make Lunar New

Year a school holiday.

"I think the City Council has every right to weigh in on this issue," Koch said. "The City Council over the years has been very good to the schools, the school budgets and projects. They are speaking their wishes known and I think we as a School Committee should respond to that."

Santoro, who was in attendance Monday, thanked the councillors for their vote.

"I would like to thank the City Council for being in touch with the Quincy community. I thank Courtney and the mayor for trying to prove this to the School Committee side," Santoro said. "It's been a fight for four years that I've been trying to get, because the majority of our kids deserve to celebrate with their families on this most important day and finally, the city is recognizing that this is a very important day to that community."

Perdios said she was proud of the city councillors' vote.

"I'm really proud of the City Council and Councillor Liang for bringing this forward and being supportive of such an important subset of our community that asked to be recognized, deserved to be recognized. I'm proud that they stood up and took a stand for it as the mayor, myself, Frank Santoro all did," Perdios said.

"I have some questions now about how it all gets put into process. I'm not sure if we have to vote it in on School Committee too, but hopefully with the unanimous vote they just took, hopefully it will pass, and we can do this for our Asian American students and families."

School Committee member Kathryn Hubley was also present for Monday's City Council meeting, which also included the presentation of the budget for the new fiscal year. Hubley declined to comment following the vote on the ordinance, saying she did not see the full committee meeting.

Wollaston Garden Club Spring Plant Sale May 18th

Members of the Wollaston Garden Club have been busy this past month dividing and potting perennials and shrubs for their annual Spring Plant Sale of hardy locally-grown plants on Saturday, May 18th (rain or shine) from 9 a.m. to 12 noon at Wollaston Congregational Church at the corner of Lincoln and Winthrop Avenues in Wollaston.

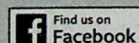
Besides a wide array of hardy perennials, also available at the sale will be: herbs, tomato plants, other vegetable plants and lawn ornaments. The palm-flex style gardening gloves used by many of the garden club members will be also sold.

Master Gardeners will be on site to answer questions and provide planting advice. Plants will be organized according to light requirements: sun to shade. WGC Co-Presidents, Kathy Ceurvels and Janet DiPaolo remind shoppers "to arrive on time for the best selection." Locals know well the benefits of buying hardy garden club perennials for really successful gardening at their home sites.

Proceeds from the plant sale benefit the many educational, civic beautification and conservation projects of the garden club. The Club will gladly accept: cash, checks, of Venmo.

The Wollaston Garden Club is a member of the National Garden Clubs, Inc. and The Garden Club Federation of Massachusetts, Inc. and is a 501(c)(3) non-profit organization dedicated to promoting the love of gardening and the conservation and beautification of our community.

Quincy Access Television
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Public Access Channel 8

Thursday, May 9
6:00pm: Bethany Congregational Church
7:00pm: QHS vs. Braintree Girls Lacrosse 5/3

Friday, May 10
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, May 11
12:00pm: Vietnam Veterans Day
1:00pm: QHS vs. Braintree Girls Lacrosse 5/3

Sunday, May 12
11:30am: Quincy Point Church Good News
1:00pm: The Call

Monday, May 13
11:30am: LIVE: Currently in Quincy
7:00pm: Cleaner Greener 2024

Tuesday, May 14
7:00am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, May 15
6:00pm: Quincy Point Church Good News
7:00pm: The Call

Government Access Channel 9

Thursday, May 9
4:00pm: Board of License Commissioners 5/7
5:00pm: Zoning Board of Appeals 5/7

Friday, May 10
10:30am: Health Links: Aging Strong
8:00pm: Planning Board 4/17

Saturday/Sunday, May 11/12
9:30am: For Your Health: Osteoporosis
10:30am: In Your Neighborhood: Ward 5
12:00pm: City Council Incl. Ordinance Comm 5/6
4:00pm: Board of License Commissioners 5/7
5:00pm: Zoning Board of Appeals 5/7
7:00pm: City Council Incl. Ordinance Comm 5/6
10:00pm: Board of License Commissioners 5/7
11:00pm: Zoning Board of Appeals 5/7

Monday, May 13
9:00pm: Quincy's Community Electricity Program

Tuesday, May 14
4:00pm: Board of License Commissioners 5/7
6:00pm: Zoning Board of Appeals 5/7

Wednesday, May 15
6:30pm: For Your Health: Osteoporosis

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

'Rumble At The Rink' May 11 At Quincy Youth Arena

Four Professional Fighters Competing In 'Granite Chin Box Off' Tournament; Two Title Fights

Four professional fighters competing in the innovative "Granite Chin Box Off" tournament, plus the four participants in a pair of exciting title fights, were all together at TKO BoxFit last Thursday in Quincy for promotional and marketing work associated with the May 11th "Rumble at the Rink" card, presented by Granite Chin Promotions (GCP), at Quincy Youth Arena in Quincy.

The one-night "Granite Chin Box Off" tournament will headline "Rumble at the Rink," which will benefit Quincy Youth Hockey, as a quartet of tough, entertaining New England super middleweight fighters – Lynn's (MA) James "Pitbull" Perkins (13-1-1, 9 KO's), Swansea's (MA) Anthony "The Gentle Savage" Andreozzi (5-3, 2 KO's), Dorchester's (MA) Bernard Joseph (7-1-1, 5 KO's), and Barrington's (ME) Ryan Clark (4-5, 2 KO's) – who will be matched in a blind draw at the weigh in in three-round bouts (4th round of sudden death if needed in case of a draw) early in the evening with the two winners advancing to the five-round main event (6th round of sudden death in the event of a draw) to determine the inaugural champion.

The "Granite Chin Box Off" tournament was created by retired boxer and GCP promoter Chris Traietti, who is a longtime resident of Quincy, where his two businesses (Granite Chin Promotions and TKO BoxFit) are based.

"This tournament has been something that has been brewing in my brain for the last two years and I was determined to make it a reality, Traietti explained. "It was just a matter of putting the right pieces together properly and making sure it was something fans would be excited about. Well. Pieces have put together and come May 11th, the people in Quincy Youth Arena are in for an action-packed experience."

James Perkins

"I'm really looking forward to this event. I've always wanted to fight in a tournament because I never fought in the Golden Gloves or any amateur tournaments. I decided to turn pro after my sixth amateur fight. It's even better that the event is being held at a hockey rink because I grew up my whole life playing hockey. I started skating at two years old and played all the way through high school (St. Mary's of Lynn). I'm prepared to deal with whatever comes at me. At the end of the night, I'm very confident I'll be the

winner of the tournament."

Anthony Andreozzi

"It's (tournament) breaking boundaries for sure. It's the type of tournament where emotional control will be important. You can't blow your load in the first round of the first fight and still expect to succeed. I have a few hundred wrestling matches and over a dozen karate matches. I'm used to the emotional control necessary to effectively do violence twice in one night. I can't wait!"

Bernard Joseph

"It is different (tournament format), but it comes down to the way we train. I do a lot of sparring and that will be good for me. It comes down to training and getting my body used to the break like in sparring. I could be fighting four rounds and then six. I'm a pro now, fighting six rounds, but not with a long pause between fights like in this tournament. It will give me time to rehydrate and get ready for the second fight of the night. I've seen video of all the other fighters and I'm not bad-mouthing anybody, but I feel that I'm the favorite to win it all."

Ryan Clark

"It (tournament) is a great idea, and this tournament will provide entertainment for the fans, and it'll be a challenge for the fighters. I applaud his idea. I typically fight at 160 and this tournament has me fighting in a little bigger weight class. I like the challenge. This (tournament) is similar to sparring. I spar five or six rounds, hang around talking, get in some other training, and then get back in the ring to spar again. This isn't too different."

Undefeated Irish boxer Thomas "The Kid" O'Toole (9-0, 6 KO's) faces dangerous Russell Kimber (2-1, 1 KO), of Peabody (MA), in the six-round, co-featured event for the vacant Massachusetts Light Heavyweight Championship. O'Toole, fighting out of Braintree (MA) by way of Galway (IRE), was a 2019 Irish National Champion, while Kimber is the son and nephew of multiple world kick-boxing champions.

Thomas O'Toole

"I want to add this Massachusetts title and keep pushing. He (Kimber) doesn't have too many fights, but he has sparred with some of my mates. He's pretty game and will fight coming forward, and that's good for me. The Irish here have come out to support me and Boston is my second home. I had a great coach and good boxers in Galway, but I knew I needed to make a bit of a



RUMBLE AT THE RINK boxing tournament is set for May 11 at the Quincy Youth Arena. Front row from left to right: Russell Kimber, James Perkins, Anthony Andreozzi and Ryan Clark. Back row: Ricky Ford, Bernard Joseph, Thomas O'Toole and Julien Baptiste. Presented by Granite Chin Promotions, the boxing tournament will benefit Quincy Youth Hockey.

Photo Courtesy Granite Chin Promotions

change. You can't get good sparring there like I can here. So, I moved."

Russell Kimber

"Fighting for the Massachusetts title is great. I don't think he (O'Toole) fully understands what's coming. I think a win will open up doors for me because I'll be 3-1 and have a title. I've seen a few Granite Chin fighters with only six or seven fights getting the opportunity to fight at places like Madison Square Garden. I took this fight, and we'll see what happens."

United States Boxing Federation (USBF) Middleweight Champion Julien "Black Dragon" Baptiste (6-4, 3 KO's), fighting out of Woburn (MA), will defend his title against New Hampshire challenger Ricky Ford (5-1-2, 3 KO's) in a six-round bout. Baptiste, also the reigning Massachusetts Middleweight Champion, and Ford, a 2012 New England Golden Gloves silver medalist, could very well steal the show.

Julien Baptiste

"It's going to be a good fight. "He's (Ford) a good opponent. We both fought Ryan Clark in the amateurs, and each went 1-1. I'm sure that he's going to bring it. He was out the past few years, but I do respect him as a game fighter, and for stepping up to fight me. He's a great technical fighter who keeps distance and knows how to box."

Ricky Ford

"It's going to be one of those fights. We have two different styles. He boxes more than me. I'll give him that and in power, but I have better hand speed. I have a lot more to show to people who haven't seen it in me, and a lot have forgotten that I had a lot of amateur fights. I've seen Julien fight and I respect him. I took the fight and I'm stepping up. He's the perfect guy for me to fight because we both come

forward. Right now, I'm at my strongest point."

"The inaugural 'Granite Chin Box Off' couldn't be supported by what I call 'fluff' fights," Traietti added. The plan all along was to stack this card from top to bottom. In top of the tournament, we are putting on two local title fight that will have fans at Quincy Youth Arena on its collective feet. Thomas O'Toole has one of

the biggest fan-bases in this area. Last time Russell Kimber was in the ring, he went into a fighter's hometown and took him out! He will be looking to repeat that in a few weeks.

"Julien was in the co-feature the last time Granite Chin came to Quincy and he had an electrifying knockout to win the Massachusetts Middleweight Championship. He never backs

down from anyone. Ricky looked impressive in his last fight, in Bridgewater, and he plans to give Julien all he can handle."

The finalized card will be announced this week.

Card subject to change. Tickets are on sale to purchase at www.granitechin-promotions.ticketleap.com.

Doors open at 6 p.m. First bout at 7 p.m.

PAID POLITICAL ADVERTISEMENT



2024 Welcome Spring Event

A heartfelt thank you to our supporters for believing in our mission. Let's celebrate together at our Spring Event and look ahead to Quincy's bright future. Your support means the world to me. Thank you!

THURSDAY
MAY 16

6-8p
Alba Restaurant
1486 Hancock Street | Quincy

SUGGESTED DONATION
\$50 \$100 \$250 \$500 \$1,000

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Boost The Beauty And Comfort Of Your Outdoor Spaces

By **MELINDA MYERS**

Add some comfort and beauty to your outdoor spaces this year. Look for options that fit your life-style, budget, and schedule. Even simple changes can make a positive impact on the time you spend relaxing and entertaining on your patio, deck, or other outdoor spaces.

Freshen up the look and comfort of these areas with some new furniture. Look for comfortable pieces made of durable materials guaranteed to provide years of enjoyment. If this is not within your budget, consider refurbishing something you already have, are gifted from a friend, or find in a thrift shop. Adding a bit of paint, new cushions, or even colorful pillows can transform older pieces into something special.

Add some shade. A strategically placed umbrella can provide needed relief from the sun. Make sure it is stable and secure, especially in windy locations. Consider shade sails not only for the shade they provide but also for their aesthetic appeal. Make sure it is securely anchored and supported, properly managed during harsh weather, and made of fire-retardant fabric if this is

a concern in your location. Pergolas are more permanent structures. Train deciduous vines up and over this structure for added shade in the summer. Then enjoy the warming sunlight when the vines drop their leaves during the cooler months of the year.

Create some privacy with strategically placed plantings and containers. Tall grasses, narrow upright shrubs, and vine-covered trellises can help block unwanted views while creating a private space outdoors. Consider the views you want to keep and those you want to block. Screen unsightly views and areas where neighbors can see into your space. You may only need a vine-covered trellis, several hanging baskets, a couple of pots, or a section of fencing rather than a long hedge or length of fencing.

Softening the look of fencing with some wall-mounted planters, a few potted plants or shrubs, and in-ground plantings if space allows. Use a diverse selection of plants when creating a living screen. This provides more seasonal interest and makes it easier to replace that one failed plant in a mature hedge of evergreens like arborvitae.

Water is another way to add a bit of serenity to your space. A wall-mounted fountain, small container of water plants, or container fountain will add noise-blocking sound and a sense of serenity to any space.

To control pesky mosquitoes in water features (or in any standing water), add a mosquito control like Mosquito Dunks and Bits (SummitResponsibleSolutions.com) that contains a naturally occurring bacterium called *Bacillus thuringiensis israelensis* to the water. This active ingredient kills mosquito larvae, preventing them from transforming into biting adults. Mosquito Bits quickly knock down the mosquito larval population, while the Mosquito Dunks provide 30 days of control. They both are safe for pets, fish, wildlife, and children.

Extend the time you can spend outdoors by adding a heat source for those chilly days and nights and a fan to keep air moving and the space cooler on hot days. Adding a fan also provides some relief from mosquitoes. These weak fliers can't fight the breeze which will keep you out of their reach and much more comfortable.

Include lighting so you



FOUNTAINS ADD SERENITY and noise-blocking sound to gardens and outdoor entertainment spaces.

Photo Courtesy MelindaMyers.com

can enjoy your outdoor space in the evening. Consider a string of lights overhead, rail lights around the deck, or strategically placed illuminated plant containers. Create a more intimate experience with a few votive candles displayed in unique holders like old punch cups.

Light a few citronella candles for a bit of ambiance and mosquito control when enjoying your outdoor space in the evening. Citronella oil and the scented candles have some mosquito-repelling proper-

ties. Scatter lots of candles throughout the space when entertaining. Position the candles within a few feet of yourself and your guests for some short-term relief from these pests.

Start with a list of improvements you want to make. Then get busy researching the various options so you will be ready to boost the comfort and enjoyment of your patio, deck and other outdoor spaces this year.

Melinda Myers has written more than 20 gardening

books, including the *Midwest Gardener's Handbook*, 2nd Edition and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit for her expertise to write this article. Myers' website is www.MelindaMyers.com.

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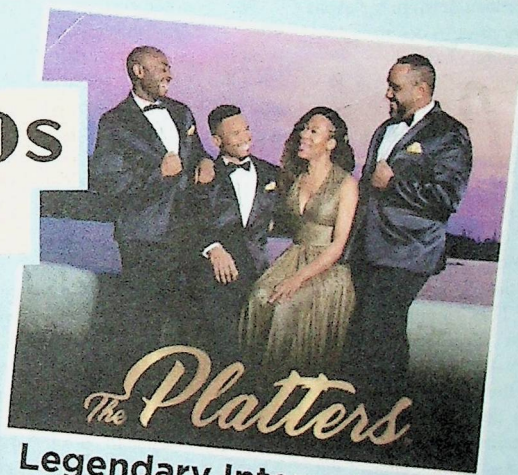
Celebrate a Musical Journey through the Decades

Hancock-Adams Common

Music of '40s & '50s
May 18 ★ 1-7 pm



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The Platters
Legendary International 1950s Rock N' Roll Band



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THE BOSTON LINDY HOP



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18-Piece Swing Orchestra



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Visit www.QuincyMa.gov for more details.



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H.O.P.E. Center Supports Post-Release, At-Risk Individuals

Described as an innovative step forward for community safety and rehabilitation, the Norfolk County Sheriff's Office recently opened the H.O.P.E. Center in Braintree. Designed as a comprehensive resource for individuals transitioning from incarceration and those at risk within the community, the Center is committed to fostering a cycle of positive change and reducing recidivism through a blend of support services and community collaboration.

Located at 2015 Washington St. in Braintree, the H.O.P.E. Center – short for Healing, Opportunity, Purpose, and Engagement – offers a sanctuary for those seeking to rebuild their lives. The Center provides critical resources such as employment assistance, educational programs, and access to mental health and substance abuse treatment, all essential for successful reintegration.

"The H.O.P.E. Center is more than just a facility," said Sheriff Patrick McDermott. "It's a pivotal part of our commitment to heal and strengthen the community. We understand the challenges faced by those reentering society and are here to support not only their journey back but also to integrate preventive measures for at-risk individuals. The H.O.P.E. Center is a beacon for reintegration and community healing."

The H.O.P.E. Center will offer individuals personalized plans for success and provide:

- Access to 12-step meetings and peer support groups, such as recovery, relapse prevention, and sober living
- Mental health support groups such as maintaining positive change, thinking for change, dual diagnosis, coping with trauma, and PTSD management
- Life skills, including navigating through criminogenic risk factors (criminal thinking and behavior), coping with anger and grief, peer relationships, leisure and recreation, parenting/family relationships, and financial education
- Assistance obtaining food, housing, clothing, necessary documentation, and continuing MAT/MOUD programs
- Resources for sober living, detox, and behavioral and physical health
- Education, employment

support, and workforce development

The H.O.P.E. Center draws inspiration from the Hampden County Sheriff's Office's All Inclusive Support Services Program

(AISS), which has significantly contributed to one of the nation's lowest recidivism rates. Since its inception in 1996, more than 32,465 ex-offenders have actively participated in

and received community-based services from AISS. Hampden County Sheriff Nick Cocci credits the re-entry program for Hampden County's three-year recidivism rate of 22.2 percent from 2019 to 2021.

"Our model is proven, our commitment unwavering. We are dedicated to not just lowering numbers but elevating lives," McDermott said.



H.O.P.E. CENTER OPENS – Sheriff Patrick McDermott (with scissors) is joined by elected officials including state Senators John Keenan and Walter Timilty, Norfolk County Register of Deeds William O'Donnell, Braintree Mayor Erin Joyce and H.O.P.E. Center Directors at a recent ribbon cutting making the opening of the new facility designed to offer sanctuary for those seeking to rebuild their lives. The center is located at 2015 Washington St., Braintree. *Jonathan Haglof Photography*

Two Residents Inducted Into Nursing Honor Society

Curry College's School of Nursing recently inducted two students from Quincy into Sigma Theta Tau International Honor Society of Nursing's Theta-at-Large Chapter.

The inductees are Gladys Kuria and Kristin Shalvey. Members must be in the upper 35 percent of their class and have completed at

least half of the nursing curriculum.

The Theta-at-Large Chapter, which includes Curry College, Boston University, and Simmons Col-

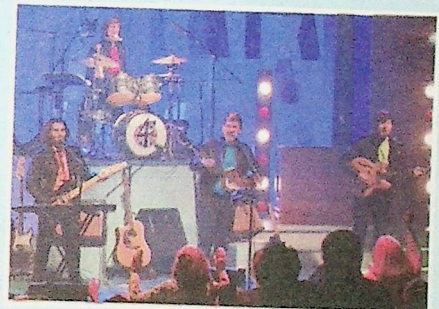
lege, has more than 900 active members and supports local nursing scholars through its ongoing research and academic awards program.

PAID ADVERTISEMENT

Celebrate a Musical Journey through the Decades

Music of '60s & '70s
June 22 ★ 1-7 pm

PREFAB 4
The World's Premier Live Beatles Tribute Act.



THE JERSEY TENORS
Highlighting some of Jersey's finest like Frankie Valli and The Four Seasons to Frank Sinatra.



FOREVER DONNA
The Ultimate Donna Summer Tribute Starring Rainere Martin



CLASSIC CARS and other SURPRISES!



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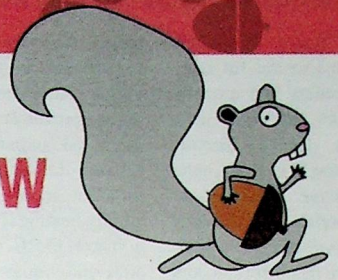


Scan here for event details





**NEW DISTANCE:
THE SQUIRREL RUN WILL NOW
BE A 5k (3.1 MILES)**



THE SQUIRREL RUN XXVI

JIMMY KENNEDY MEMORIAL RUN FOR ALS

JUNE 8, 2024



THE SQUIRREL RUN XXVI

JIMMY KENNEDY
MEMORIAL RUN
— FOR ALS —

Jimmy "The Squirrel" Kennedy's battle with Amyotrophic Lateral Sclerosis (ALS), better known as Lou Gehrig's Disease, ended on April 6, 1997. He was 31 years old. For the past 25 years the Squirrel Run has helped continue Jimmy's fight against this wretched disease. Your participation is an important part of this effort. All proceeds go directly to ALS research. Thank you for keeping our beloved Squirrel's memory alive with your support, and for giving hope to so many others who live with ALS.

It's been an amazing run.
Let's keep it going!

T-SHIRTS:

Great looking t-shirts to all participants!

FOOD & REFRESHMENTS:

Plenty! Water stations along the course. Plenty of food and drinks available for your post-race enjoyment.

CHILDREN'S EVENTS:

We even have races and rides from 9 a.m.-12 p.m. for the kids while you're out huffing and puffing. Each child receives a T-shirt. Entry fee is \$15 per child.

RUNNERS & WALKERS AWARDS:

- Gift cards, running apparel and more
- 17 age divisions for men and women
- Top three runners in all categories will get choice of prizes

NEW DIVISION:

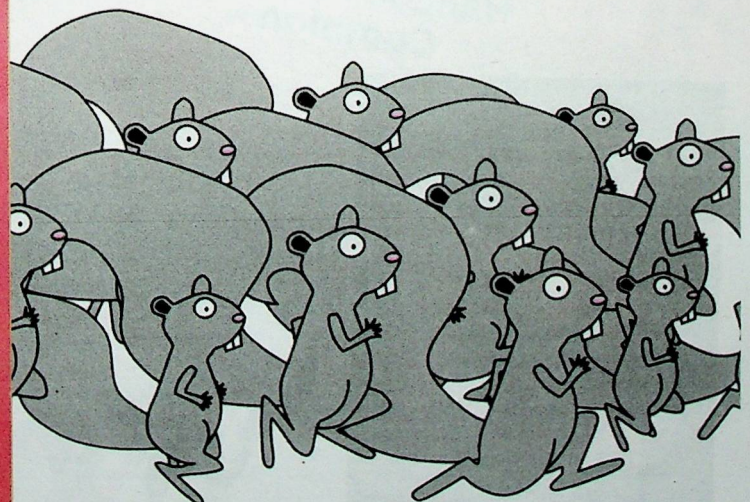
High school and middle school divisions added this year!

ENTRY DONATION:

\$30 by May 8, 2024. \$35 thereafter. All entries are non-refundable.

FUNDRAISE:

Collect pledges from family, friends and co-workers. Create your fundraising page at www.theangelfund.org.



**To Register for The Squirrel Run XXVI, Jimmy Kennedy Memorial Run for ALS, visit:
theangelfund.org/events/jimmy-kennedy-memorial-run-for-als-aka-squirrel-run-xxvi/**

Quincy-North Quincy Falls To SL In Boys' Lacrosse

By TOM JOYCE

The Quincy/North Quincy High boys' lacrosse team put balls in the back of the net in its game against Silver Lake last week.

However, Silver Lake erased QNQ's lead early, and the home team was unable to overcome the deficit. QNQ fell 15-8 to Silver Lake at Veterans' Memorial Stadium in Quincy May 2. With the loss, QNQ's record dropped to 3-7 on the season.

Although QNQ came up short in this one, it struck first and led by a couple of points in the first quarter. Mike Galligan netted the game's first goal with about seven minutes left in the first quarter, giving QNQ a 1-0 lead. Less than a minute later, however, Silver Lake capitalized on a power play and tied things at one apiece. Another goal from Galligan with 5:34 remaining gave QNQ the lead again; this time, the team led 2-1. However, Silver Lake rallied after that. The team netted five unanswered goals in the final five minutes of the first quarter, so it led 6-2.

Additionally, Silver Lake extended that into a 6-0 scoring run as it netted another goal with 4:44 remaining in the second quarter.

The second quarter was the lowest-scoring stretch of any of the four quarters. There were just two goals scored combined between the two teams in the second quarter in a game where there were 23 total goals scored. Connor Zynda scored the other second-quarter goal with 2:11 remaining, making it a 7-3 game. That was the score going into halftime.

Though QNQ trailed going into the second half, the game was still competitive. However, Silver Lake pulled ahead as the second half progressed. After the low-scoring second quarter, Silver Lake's offense exploded in the third. It had a 6-0 scoring run that lasted just under seven minutes. This hot stretch of scoring that started with 11:07 left in the quarter and concluded with 4:43 remaining put the game out of reach for QNQ. By the end of the run, Silver Lake found itself leading

13-3; the final goal of the run came on a power play.

QNQ was unable to overcome that deficit, but its offense had some success after that run. The team added two goals late in the third quarter.

Pat Connor rocketed a shot off a pass from William Codner with 3:02 remaining to snap the Lakers' scoring streak. Then, with 1:59 left in the quarter, Codner added a goal of his own to make it a 13-5 game -- which was the score going into the fourth quarter.

QNQ outscored its opponent in the fourth quarter,

3-2, but it wasn't enough to make a comeback.

Silver Lake extended its lead with a goal with 8:59 left in the game. However, Connor, Bayden O'Connell, and Charlie McGrail had goals for QNQ in the fourth quarter, preventing Silver Lake from growing its lead. Silver Lake also had a goal with 3:44 remaining, before McGrail's goal, that gave it a 15-7 edge. O'Connell's goal came when QNQ was shorthanded; the team had two players in the penalty box when he scored.

Although both QNQ and Silver Lake are Patriot

League teams, this was their only scheduled matchup this season.

The roster for QNQ this season includes: senior Josh Cannon, freshman Matt Fratolillo, senior captain Teddy Lynch, freshman Pat Connor, freshman Ryan Sampson, senior Liam Foley, junior Timmy Long, senior Kevin Gray, freshman Gavin O'Hare, senior captain Connor Zynda, senior TJ Manton, junior Mike Galligan, sophomore Mike Cavicchi, junior captain William Codner, senior captain Jesse Hansen, freshman Blake

Nelson, freshman Dante Marinilli, sophomore Roan Perry, freshman Joey Bassil, sophomore Jacoby Quinn, senior Nate Sampson, sophomore Brayden O'Connell, senior Max Melchin, junior Oliver Levine, and senior Charlie McGrail. Scott Devlin is the team's head coach.

In other recent action, QNQ edged Braintree 10-9 on May 3 to improve to 4-7.

QNQ will host Cardinal Spellman Friday, May 10, at 4 p.m. at Veterans' Memorial Stadium. QNQ defeated Cardinal Spellman 17-3 on the road April 6.

Quincy Baseball Bows To Duxbury

By TOM JOYCE

The Quincy High baseball team fell behind early in its game against Duxbury last week and was unable to make a comeback.

The Presidents got some good offensive contributions as the game progressed, but the Dragons took an early lead and maintained that lead for the rest of the game. Ultimately, the Presidents

bowed 11-3 to Duxbury at home May 3. With the loss, the Presidents fell to 1-11 on the season.

Duxbury was sharp at the plate in the early innings. Its offense got going in the top of the first.

After Sam Swan struck out a batter to start things off, Duxbury's offense exploded. The team got three straight hits, including an RBI double, to take a 1-0 lead. As the inning progressed, the team tacked on more runs. It had a pair of two RBI hits: a single and a double, giving itself a 5-0 lead. However, the Presidents induced a popout with the bases loaded to end the inning, limiting the damage.

Though Ryan Beach singled up the middle for the Presidents in the first inning and reached third base, the team couldn't score. The runner reached second on a failed pickoff attempt and third on a groundout. However, the team was unable to knock in the runner.

Duxbury's offense kept going in the top of the second and third innings, adding three more runs in each frame, making it an 11-0 game.

Duxbury started the second inning off with a double and a walk. An infield error drove in two runs after a failed pickoff attempt moved runners into scoring position. Then, a hit by pitch and a single loaded the bases, and the Presidents walked in a run. From there,

however, the Presidents escaped the jam. John Jordan caught a flyout to left field, and Cam Mann, who took the mound after the hit batsman, picked off a Duxbury runner; Joe Frye tagged the runner out.

Though Mann and Jordan singled in the bottom of the second, the Presidents couldn't score; they wouldn't score until the bottom of the third.

Duxbury took its biggest lead of the day, 11-0, in the top of the third after getting a couple of RBI base hits. It also capitalized on an infield error.

The Presidents struck for three runs in the bottom of the third, with many players contributing to the offensive effort. Beach and Frye reached base, with Frye getting hit by a pitch. Aidan Manning legged out an infield RBI single, while Jack Dunn and Mann also had RBI singles in the frame.

Neither team scored over the next two innings, though Duxbury had multiple base runners reach in both frames. Manning got into scoring position in the bottom of the fifth with a walk and a stolen base, but the Presidents couldn't knock him in.

Additionally, Jordan got into scoring position in the bottom of the sixth. He reached second base as Duxbury unsuccessfully attempted to turn a double play. It got the runner out at second but had an over-

throw that allowed Jordan to reach first base safely and grab an extra base. However, Duxbury struck a batter out to end the frame.

The Presidents also kept their foe scoreless in the top of the seventh. While a Duxbury player tripled, the team was unable to knock him home.

Ultimately, the Presidents were unable to make a comeback in the bottom of the seventh. Duxbury retired the side to end the game.

The Presidents have an experienced team this season, with 11 seniors on their roster.

The roster for the Presidents this season includes: senior outfielder/pitcher Owen Desmond, senior infielder/pitcher Jack Dunn, senior outfielder Sam Najjar, freshman infielder Nicholas Monteiro-Spagnolo, sophomore outfielder/pitcher Bryan Gustafson, senior first baseman/pitcher Joe Frye, freshman catcher Ryan Beach, sophomore infielder/outfielder Joe MacNeil, senior infielder Nate Hall, junior infielder/outfielder John Jordan, senior pitcher/outfielder Cam Mann, senior infielder/pitcher Aidan Manning, junior first baseman Shane McPhillips, senior first baseman/pitcher Chase Gillespie, senior outfielder Frank Walsh, senior outfielder Elijah DuBois, sophomore outfielder Ayden McElhiney, and senior pitcher/infielder Sam Swan. Rick Beach is the team's head coach.

The Presidents visit Whitman-Hanson Thursday, May 9. First pitch 4 p.m.

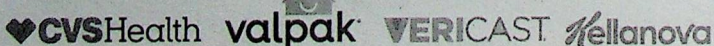
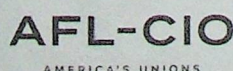
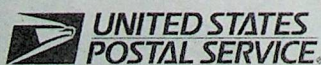
Quincy and North Quincy will square off in baseball on Wednesday, May 15 at 6:30 p.m. at Adams Field. The Raiders defeated the Presidents 9-1 in their first meeting of the season April 16 in the first round of the Steve Sullivan Memorial Tournament. North Quincy bowed to Milton in the tournament final May 4 by a score of 11-5.

STAMP OUT HUNGER
This Saturday, May 11th



PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX.
WE'LL DELIVER IT TO A LOCAL FOOD BANK.

National Partners



Morrisette Legion Senior, Junior Baseball Tryouts

Tryouts for Morrisette Legion Baseball Senior and Junior teams will be held May 11th, 12th, 18th, 19th, 25th and 26th at Bishop Field. Start time is 12:30 p.m.

Senior Legion is 19 and under. Junior Legion is 17 and under. Any questions contact head coach Steve Maze at morrisetteball@aol.com. Visit Morrisette Legion Baseball's Facebook page for any changes.

More Quincy news:

The Quincy Sun.com



Quincy Buddy Ball began its sixth season on Sunday, May 5, Cinco de Mayo Day, at O'Rourke Field.

Quincy Buddy Ball Celebrates 6th Opening Day On Cinco De Mayo

Quincy Youth Baseball & Softball's adaptive baseball program for special athletes, named Bambino Buddy Ball, kicked off its 6th opening day on Sunday, May 5th.

A few raindrops did not dampen the spirit of the athletes or their Buddies. Balloons, banners, sombreros and maracas decorated the O'Rourke Field softball diamond in West Quincy to celebrate the holiday and a new season.

The 2024 schedule opened with the largest number of athletes ever in the Buddy Ball program's history.

Quincy Buddy Ball matches special athletes with volunteer Buddies who help players ages 5-19 to fully participate in a baseball league just for them. Volunteer Buddies are high school students performing community service, athletes in the regular leagues of Quincy Youth Baseball and Softball and adults.

Former Quincy Youth coaches Jim Ross, Doug Concannon, Pat Foley, Joe Murphy, Joe Mullen, John Cristiani and Billy Farrell are teaming up again to guide the special athletes. Quincy High School baseball coach Anthony Castrogiovanni is leading his players as volunteers as well.

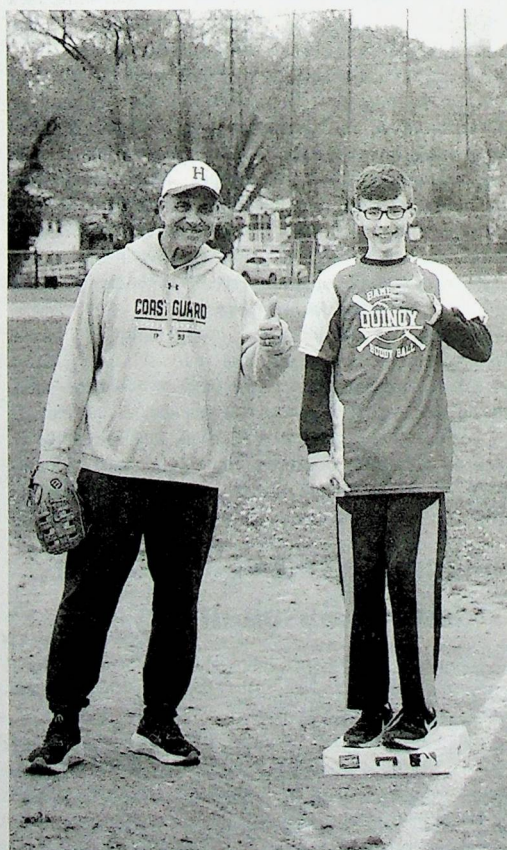
Quincy Buddy Ball is a collaboration with Quincy Youth Baseball and Softball, the MR8 Martin Richard Foundation, Quincy Park and Recreation and the Office of Mayor Tom Koch.

Registration for new or returning players and volunteers is still available, free of charge, at QuincyBuddyBall@gmail.com. No equipment, except a smile, is required to play or volunteer.

Quincy Buddy Ball returns to Mitchell/McCoy Field across from Veterans' Memorial Stadium on Sundays, May 12th, May 19th, May 26th, June 9th and June 23rd.



BUDDIES Jack and Will help athlete Ethan.

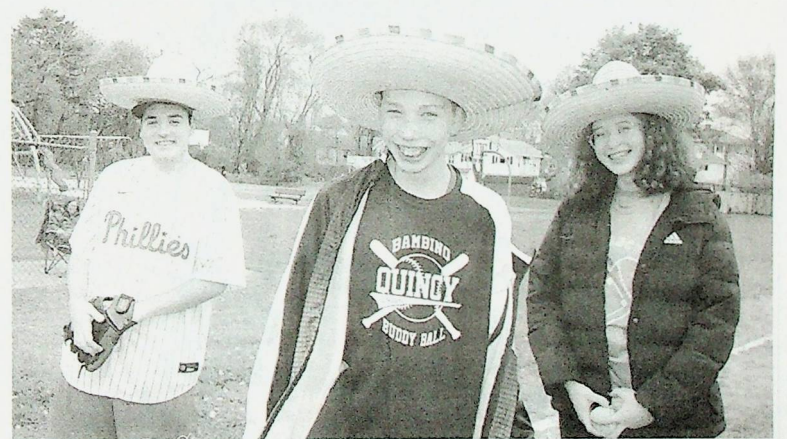


COACH John with athlete Tommy. Courtesy Photos.

Buddy Ball returns to O'Rourke Field on Quarry Street at Furnace Brook Parkway on New England Free Jacks Rugby weekends June 2nd and June 16th.



TEAMMATES Izzy, Evan and Francis.



ATHLETES Zack and Nick with Buddy Grace.



COACH Joe Mullen guides Annabelle.

#ShopAAPIMonth Challenge Returns This AAPI Heritage Month

The Massachusetts House Asian Caucus announces that for the fourth year running they will be challenging their colleagues and their communities to shop at local AAPI-owned businesses this month as part of Asian American Pacific Islander Heritage Month.

This year they will be partnering with the Asian Business Empowerment Council (ABEC), housed at the Boston Foundation. ABEC helps AAPI businesses navigate systemic inequities in accessing capital and provides mentorship and guidance on business development. They will be releasing a comprehensive report in July detailing data collected from AAPI businesses from across the Commonwealth.

The #ShopAAPIMonth challenge originated in 2021 during the pandemic as a way to support local businesses during the economic downturn. AAPI businesses were among

those hardest hit as they were also faced with xenophobic and racist misinformation about the virus. This year, as the caucus looks to expand the initiative through their partnership with ABEC, they also want to raise awareness about the worth and value that AAPI businesses contribute all year round, not just in the month of May.

"Hopefully people will discover local businesses right in their communities that they will continue to frequent throughout the year," said Rep. Tackey Chan (D-Quincy), Chair of the House Asian Caucus. "Our community is often made to feel invisible, so elevating and celebrating the numerous valuable contributions we make is especially important."

"Patronage matters and visibility matters," said Qingjian (Q.J.) Shi, Director of the Asian Business Empowerment

Council. "We see every month as #ShopAAPIMonth, but it's especially encouraging for Asian-owned businesses to be seen and elevated during a nationally recognized month where we are celebrating the contributions of Asian Americans and Pacific Islanders."

"For every person who is inspired to shop someplace new, or visit a neighborhood restaurant for the first time, the #ShopAAPIMonth challenge helps break down barriers and build the bonds of community," stated Rep. Tram T. Nguyen (D-Andover), Vice Chair of the House Asian Caucus. "Our challenge and AAPI Heritage Month more broadly can help introduce others to our varied cultures and cuisines and the many wonderful Asian American and Pacific Islander owned businesses that are enhancing our downtowns and strengthening our local economies."

Here's how you can make a difference:

1. Visit: Step inside your local AAPI business. Your presence and patronage matters.
2. Tag: Use the hashtag #ShopAAPIMonth on your social media. Tag the AAPI business you visited and share your experience with your network.
3. Share: Share your #ShopAAPIMonth visits with the Asian Caucus @asiancaucusma and the Asian Business Empowerment Council (ABEC) @abec_ma.

READERS FORUM - READERS FORUM

In response to letters regarding Gaza sent in by Bonnie Gorman and Madeline Dina Errishi, I find both letters' calls for peace, bravery and "be on the right side of history" to be disingenuous. I detect an antisemitic undertone in the letters and think they are simply propaganda to demonize Israel and Jewish people. Donna, you signed your letter with Jewish Voices for Peace under your name which I find duplicitous - you speak on behalf of Jewish people with your letter and blame Israel for the death and destruction?

Neither letter mentions Hamas starting this war with an attack on Israel in October. Or that Israel would be destroyed if they put their arms down. Or that the war would end if Hamas laid down their arms. Reading between the lines of your letters, disguised in words of peace, freedom, and human rights, I read Israel should not defend itself and is to blame for the Gaza casualties. I believe all that was missing from the letters was the Slogan we have all heard too often: From the River to the Sea...

Are you pained by the reports of Hamas fighters raping and mutilating Israeli women? How about laughing as they beheaded and then raped the dead bodies? How they dragged naked, dead bodies along gravel outside of moving cars? These acts were widespread and yet neither of you mentioned these horrifying crimes in your letters. What about the remaining 130 hostages - children, sick, elderly, and female - held by the Palestinian militant group? Why aren't you screaming for their release? Where in your letters do you mention the death of Israelis? Or Americans, like the 4-year-old American Israeli held hostage and now an orphan because her parents were killed by Hamas?

What you and other anti-Israel people don't seem to acknowledge is Hamas started this by massacring 1,200 innocent Israelis, taking civilian hostages, committing sexual crimes and butchery. What would your letter's message be if Hamas wasn't losing the war they started?

Where in your letters do you denounce Hamas? This is not a time for liberal cries, it is a time to pressure the world to remove Hamas from power. If Hamas was thrown out, there would be the peace you claim to want. Hamas is a cowardly, terrorist extremist group that rules by Sharia Law and governs the Gaza strip. They do not care about the Gaza civilians, they have no regard for the suffering of innocents, Palestinian or otherwise. It was Hamas who betrayed Gaza when they attacked Israel. They did nothing to prepare or protect the civilians of Gaza. They did not provide food supplies to help sustain them after the counterattack. They did not build shelters for civilians to be safe. They did NOTHING except try to save themselves. Hamas started this conflict while embedded within Palestinian civilian communities - that is why there are so many Palestinian casualties. It is the Gaza civilians who have the brunt of Israel's defense - HAMAS hides in the tunnels! (Another important fact both your letters neglected to include!) They quite literally started a war and then HID to protect themselves, leaving of Gaza at the mercy of Israelis attacking in defense.

Neither of you recognized that Israel informed the population of Gaza and the UN that the civilians should evacuate to the South for safety prior to counter attacks. Did Hamas warn Israelis to flee to safety? NO! Did Hamas warn Palestinian civilians to move? NO!

There are reports that aid, including via US air drops, has been stolen by criminal groups governed by Hamas and starving civilians must pay the criminals for food and goods. Not only has Hamas created the chaos and caused Palestinian and Israeli casualties, but they also withhold international aid to the innocent people of Gaza. Who also tried to provide aid? The Israeli military. Attempts were unsuccessful because Hamas executed Palestinian civil leaders trying to coordinate humanitarian aid and services from Israel.

Impressionable, oft vulnerable, young people have hijacked the anti-Israel protests when most have no knowl-

edge of the history between Israel and Hamas - they just hear the words social justice warriors and don't care about the history - feelings over facts. Mixed up, misinformed young folks - needing attention, a cause to latch to, life's purpose, fill a void, make friends and be part of a community or social group - whatever the motive(s), they have no idea they are being used as pawns in a political game of chess.

The college students using campuses as their pulpits with no clue what they are protesting is disturbing. The most baffling groups are the LGBTQ anti-Israel protesters, those who would be punished with death for committing one of the worst sins under the laws of Islam - homosexuality, yet there are many chanting at protests with their hand-made signs and donning terrorist neckerchiefs, making tik-toks and reels posting their demonstrations of support for Hamas.

According to reports, more than half Americans 18-24 y.o. support Hamas. Do they know Hamas rapes women, dead or alive? Do they know Hamas decapitates babies, burn bodies in public and kill parents in front of their children? The Israeli-Hamas war has also been the catalyst for an alarming trend, at least on tik tok -- 20% of young people support, love, and proudly sympathize with the terrorist monster Osama Bin Laden. Unruly protests and reckless messages like those conveyed in your letters encourage and promote backward ideologies on the wrong side of history and humanity.

Most of Gaza doesn't support Hamas; however, they can't revolt. Why? Most are afraid to demonstrate because of Hamas' extreme Islamic laws. There is no way of knowing the number of reported deaths in Gaza attributed to Hamas' intolerance of Gaza civilian protests and rebellion. Donna, should there really be global trust of the 35,000 (casualty numbers) provided by terrorists?

Madeline, genocide is what happened to Jews in the Holocaust. War crimes were committed by HAMAS when they directed attacks on Israeli civilians on October 7th. Innocent civilians live on both sides.

Donna, you are right that the US is morally and financially complicit in the destruction of Gaza. The US taxpayers essentially funded Hamas when the current administration sent \$6B to Iran. Moreover, US taxpayers basically funded Iran's early-April attack on Israel. I saw no mention in either letter of Iran's attempts to destroy Israel. Largely due to the heightened tensions since Oct. 7th and alliances with Hamas, Iran fired 300 missiles and drones at Israel, and 350 rockets were fired at Israel from Iran, Iraq, Yemen, and Hezbollah. If Israel's defense systems did not intercept most of them, there is no guessing the destruction that would have resulted. What would your letters read if the defense systems failed?

Oh, and US taxpayers are funding Ukraine in the war with Russia. That wasteful and reckless spending does not seem to bother you or other "peace activists." Both letters reference military service, US veteran family, and peace groups, to seemingly camouflage the real agenda - recruitment of antisemites, indoctrinated youth, and underground terrorist sympathizers to join pro-Hamas standouts.

What needs to stop? Growing antisemitism around the country. Mainstream media giving mixed-up college students a platform on the nightly news that fuels more campus protests, encampments, riots, and violence. Disruptive protests that block traffic. Indoctrination and misinformation. Support of terrorist groups.

Why not have a stand-out for Peace for Israelis AND Palestinians? What needs to happen is calls for WORLD peace. But first, Hamas must free ALL the hostages, including those that died while in captivity, for there to be ceasefire and the possibility of peace.

Monica Lyons
Merrymount, Quincy

Big Bump Inappropriate For Mayor's Salary

I am writing to express my concern about the substantial salary increase for Mayor Koch. While I have no problem with COLA increases, I don't think it is appropriate for the large increase. The Mayor spent a million dollars in campaign funds to win his recent election so the current salary didn't discourage him from running. Also, with a campaign budget in the millions it is hardly likely that well qualified candidates would stand a chance running against him in 2027 regardless of the salary.

As taxpayers who do not make a 6-figure salary and do not get 6-figure pay increases, it is not the time to increase the mayor's salary while the rest of us are faced with increased property taxes and with a city budget that is opaque.

Mary Lally
Wollaston

Happy Mother's Day Mom And All Moms

My mom Tita Jean Fabien is my strength. My mom is my hero. My mom is my person of trust. My mom is the wind beneath my wings. My mom is the reason for my happiness daily. My mom is the best mother you can imagine in the entire world.

My mom is the best friend, the best wife, the best aunt, the best cousin, the best neighbor, and above all the best grandma singer you can imagine. My mom is a world changer. My mom is the cornerstone of the rebuilding of St. Yves School Haiti. The school welcomed 500 children before the unrest.

My mom is a history maker. She is the first grandma who came to Quincy after taking the wrong bus and became a pillar in the rebuilding of a school in Haiti thanks to Quincy residents. My mom is a trailblazer. Besides showing love to all her passion was to travel throughout the earth and share her faith and loving kindness with all she met. My mom was a great believer in Jesus Christ. My mom is alive. Her life is just transformed. My mom is alive with her groom Jesus. God could not be next to me in the flesh, this is why He invented my mom.

My mom left a message for all the moms is to love God walk with Him always. Love not just your children love everyone and to live a fulfilled life as described in Ecclesiastes 11. My mom will spend her heaven doing wonders on Earth in Jesus' name.

I love you and miss you mom. Thanks to all the priests who celebrated the Mass for mom: Father Pachal of Holy Name, Father Finn of the IPC, Father Stanley, Father Andreas of Divine Mercy Sacred Heart. Thanks to our many of family members who came from all over the world (except Haiti where there is no fly), thanks to Casper Funeral Home, thanks our great friends from Quincy and Divine Mercy Sacred Heart and thanks especially to our wonderful neighbors in North Quincy. Mom must be happy. Shalom, peace to Mom's soul.

Happy Mother's Day to all the moms especially to those that are separated from their children. Remember: love, be joyful, live life to the fullest and always walk with God.

Shalom, Marie Denise
Quincy

OBITUARIES

Anne L. Foster, 87

Anne L. (Cogger) Foster, age 87, of Braintree, passed away peacefully, Monday, April 29, 2024 in the comfort of her home, in the presence of her loving family members, her son Arthur, her sister Jean, cousins Margie and Dick Harper, and grandnieces Kristen Miller and Ashley Gorman.

Anne was born in Lowell, to the late Francis P. and Kathleen D. (Dulligan) Cogger. Raised in Lowell, she was a graduate of Keith Hall, Class of 1954. She was also a graduate of the Lowell Teachers College and later earned her Master's degree in Education from Boston University, as well as another Master's degree in Special Education from the University of Massachusetts Boston.

She lived in Braintree for forty-six years, previously in Mattapan. Anne and her family enjoyed gardening and summers at their home in Conway, N.H. for many years, where they made many wonderful friendships.

Anne was an elementary school teacher for the City of Quincy, where she was assigned to the former Adams School and the Montclair School. She retired in 2001 after over thirty years of service.

She was a woman of faith and a longtime parishioner of Saint John the Baptist Parish in Quincy. She was involved in many church activities, including the Food Pantry and as an extraordinary minister of Holy Communion.

Anne and her late husband, Arthur, loved the holidays, especially Christmas, when they would decorate and entertain family and friends.

Above all, Anne was devoted to her beloved son, Arthur, supporting all his activities and accomplishments.

Beloved wife of the late Arthur E. Foster, Jr.

Devoted mother of Arthur E. Foster III of Braintree.

One of four siblings Anne was the cherished sister of



ANNE L. FOSTER

Jean E. Cogger of Conway, N.H., and pre-deceased by Kathleen D. Cogger, Francis P. Cogger, and his wife Pauline. Dear sister-in-law of the late Donald Foster, the late Kenneth Foster and his surviving wife Virginia of Dedham.

Loving cousin of Margaret and Richard Harper and aunt to grandnieces Kristen Miller, Ashley Gorman, Alex Anshant, Brandon Miller, and Benjamin Cornforth.

Much loved aunt of Rosemarie Rigsby, Thomas Cogger, Jeanne Miller, Jennifer Cornforth, Jon Williams, Kenneth Foster Jr, Kevin Foster, Bryant Foster, Donna Foster, Diane O'Sullivan, Debra Mayo and the late Donald R. Foster Jr. She is also survived by many dear extended family members and friends.

A Funeral Mass will be celebrated in Saint John the Baptist Church, 44 School St., Quincy, on Wednesday, May 8, at 11 a.m. Relatives and friends are invited to attend. Visitation at the church prior to the Mass from 9:45 - 10:45 a.m. Interment Milton Cemetery.

For those who wish, donations in Anne's memory may be made to the Quincy Retired Teachers Scholarship Fund, P.O. Box 46, Wollaston, MA 02170.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Maureen M. Hassan (O'Flaherty), a longtime resident of Braintree, formerly of Quincy, passed away on Thursday, May 2, 2024.

The loving daughter of Nora and Coleman O'Flaherty, Maureen was born in Boston and spent her young childhood in Dorchester. She graduated from Quincy High School and went on to take courses with the Boston City Hospital School of Nursing.

In the early 1970's, Maureen worked at the famous Anthony's Pier 4 restaurant in Boston, where she met the love of her life, Mahmoud (Houda) Hassan. The two married and opened a series of restaurants together throughout the South Shore, including the Ship's Wheel restaurant in Weymouth Landing and the Oasis restaurant in Quincy Center, among others. For many years, Maureen was the Food Service Director at the Hellenic Nursing Home in Canton. She took great pride in her position as the director there, retiring after nearly 15 years of service.

Maureen eventually shifted her focus and efforts into education as she worked as a paraprofessional with the Boston Public Schools, working primarily with students with special needs at the Orchard Gardens Pilot School.

She liked to keep busy and in her down time worked as a tour guide at the historic Church of the Presidents in Quincy. For years, Maureen and Mahmoud owned Homestyle Caterers in Quincy, which was amongst the first vendors at the very popular Braintree and Quincy Farmers Markets, where customers would enjoy their tasty chicken pot pies, stuffed peppers, rice pudding, and baklava, amongst many other fan favorites. If she wasn't leading tours and working the farmer's market, she enjoyed reading the local newspaper, perusing the real estate listings, and keeping up to date on global



MAUREEN M. HASSAN

current events. Maureen loved history, art, and music, and enjoyed meeting people from all over the world. She was deeply proud of her Irish heritage and embraced her husband's Egyptian culture, even learning how to speak Arabic. Maureen broke the mold and stepped out of the box in pursuit of knowledge. She was truly ahead of her time.

Beloved wife of 52 years to the late Mahmoud Hassan. Devoted mother to Nora Hassan-Haddadi and her husband Malik of S. Easton, Ameera Hassan of Milton, and David Hassan of Braintree. Adoring grandmother to Maya Haddadi. Loving sister to the late Mary O'Brien, Nancy O'Flaherty, Kathleen Godrich, Bartley O'Flaherty, and Coleman O'Flaherty Jr. Maureen is also survived by Bill O'Brien (Bev), Eileen Poole (Woody), Kathy Flaherty (Tom), Dan O'Brien (Sue) and many other nieces and nephews. Sister-in-law to Hamdy Hassan and his wife Hanaa of Braintree, Mostafa Hassan and his wife Patty of Randolph, Hanan Mohamed of Egypt, and Samieh Zahran and his wife Regina of Braintree.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday, May 9th, from 10 a.m.-12 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. Funeral service will immediately follow the visitation at 12 p.m. in Keohane Funeral Home, Quincy. Burial in Blue Hill Cemetery, Braintree. Please see www.Keohane.com for directions and online condolences.

Patricia A. Guglielmi

Patricia A. (Wysocki) Guglielmi, fondly remembered as Pat, departed this life on April 20, 2024, in the comfort of her Quincy home, encircled by her devoted children.

Services will be held at Alfred D. Thomas Funeral Home, 326 Granite Ave, Milton on Saturday May 18th, at 10:00 a.m. with a procession to Milton Cemetery, followed by a private brunch, details to be shared



PATRICIA A. GUGLIELMI

separately. See www.alfreddthomas.com for full obituary.

Donald V. Ross, Jr., 60

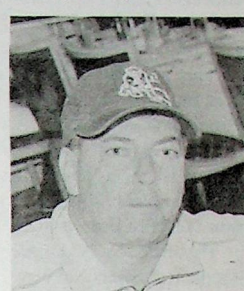
Donald V. Ross, Jr., 60, a life-long resident of Quincy, died unexpectedly in his home following a short illness on May 2, 2024.

Born in Boston he was the youngest of four children born to the late Rose Mary (King) Ross and Donald V. Ross, Sr.

Donny was raised in the Squantum section of Quincy and was a 1982 graduate of Archbishop Williams High School. He later attended Suffolk University before accepting a position with the United States Postal Service as a Letter Carrier in Dorchester. He was later transferred to Quincy Center where he finished up his career, retiring in 2021.

An avid New England sports fan, Donny had a special affinity for the Boston Bruins. He especially enjoyed playing a good round of golf, and the times spent with his family and friends.

Loving father of Thomas and Courtney Ross, he is also survived by his former spouse, Carolyn (Hegarty) Ross, all of Quincy. Dear brother of Margaret Ritchie of Weymouth, Rose Nunes and her husband John of La Jolla, California, and Michelle Locke of Mashpee. Cherished uncle of Bobby Ritchie, Amanda Ritchie, Allison Boretti, Matthew Nunes and Nicole Nunes.



DONALD V. ROSS, JR.

He also leaves extended family and many dear friends.

Relatives and friends are cordially invited to attend his visiting hours on Thursday, May 9, 2024 from 4:00-7:00 p.m. at the Hamel-Lydon Chapel, 650 Hancock St., Quincy, during which time a Catholic wake service will be offered. Cremation will follow, and a graveside service will take place Tuesday, May 14 at 11:00 a.m. at Cedar Grove Cemetery, 920 Adams St., Dorchester, MA.

The family asks that donations in lieu of flowers be made in Donald's name to the American Heart Association online at heart.org/en/affiliates/massachusetts or by mail at: American Heart Association, 93 Worcester St., Wellesley, MA 02481.

For more information or to leave online condolences please visit HamelLydon.com.

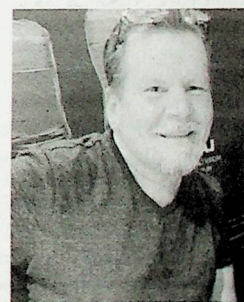
Philip Burke

Philip "Burkie" Burke of Brockton formerly of Quincy. Philip passed away suddenly on Saturday, March 30, 2024. He was born to the late Robert Burke and Margaret (Davis) Burke.

Philip worked for BFDS for many years. He was formerly working for Quincy Public Schools.

Philip enjoyed gardening and caring for his house plants. He also enjoyed spending time with his grandchildren.

Beloved husband of Michael DeMasi. Father of Anthony DeMasi. Brother of Robert Burke II, Maria Barrett and David Burke. Grandfather of Micheal and Gia DeMasi. God Son of Sandy O'Connor.



PHILIP BURKE

Family and Friends are invited to join us in Philip's celebration of life. Celebration is May 11th at 1:00 at The Brook Restaurant on Rte 37 in Holbrook.

Considering making donations to the American Heart Association, 781-373-4500.

Barry E. Loiter

Barry E. Loiter passed away peacefully on Tuesday, April 30, 2024.

Born and raised in Everett, Barry moved to the South Shore in the 80's. A graduate of Boston State College, Barry worked for Boston University for 35 years and was an avid Boston sports fan.

He is survived by his loving daughter Caitlin, son

Ryan, sister Rhona, several nieces and nephews, and devoted cousins Howard Levitt and Barbara Thompson.

Funeral services are private.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.



Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

OBITUARIES

Richard T. Murphy Jr., 83

Richard T. "Dick" Murphy Jr. of Hingham, formerly of Cohasset, passed away on Tuesday, April 30th. He was 83.

He was born in Medford to Alice (Morrissey) and Richard T. Murphy. He graduated from Boston College and then proudly served in the United States Navy as an Officer. Dick worked for Commercial Union Insurance, in the pharmaceutical industry and in real estate along the South Shore and in Boston.

Dick enjoyed cooking, gardening, and trips to Cape Cod where he would have long leisurely days at the beach.

Beloved husband of Patricia C. Murphy (Quinn) of Cohasset. Brother to Paula Gismondi and late husband Bill and Alice Toomey and her late husband Dick. Brother-in-law to James F. Quinn and his wife Marilyn, Mary Maier (Kay) and her late husband Lee, and the late Paul and Nancy Quinn. Also survived by many nieces and nephews.



RICHARD T. MURPHY JR.

Relatives and friends are respectfully invited to greet the family during the visitation on Wednesday, May 8th, from 10:30-11 a.m. at St. Anthony of Padua Catholic Church, 2 Summer St., Cohasset, MA. The Funeral Mass will immediately follow the visitation at 11 AM in the church. Burial in the MA National Cemetery, Bourne.

In lieu of flowers, please consider making a donation in memory of Dick to the Parkinson's Foundation, 200 SE 1st Street, Suite 800, Miami, FL, 33131 or a charity of your choice. Please see www.Keohane.com for directions and online condolences.

Brian C. Cooke, 66

Brian C. Cooke, of Scituate, formerly of Quincy and Sandwich, died peacefully on Saturday, May 4, 2024, at the South Shore Hospital in Weymouth. He was 66.

Brian was born in Quincy on July 17, 1957, and was the son of the late Peter J. Cooke Jr. and Harriet (Dodd) Cooke. He was raised in North Quincy, attended local schools, and graduated from Boston College High School. Brian worked as a cook in the food service industry.

Brian was the brother of Kathleen L. Kiley and her husband Thomas of Quincy and the late Peter J. Cooke III. He was the uncle of seven and is also survived by many extended family members and friends.

Following cremation, Brian's funeral services and interment will be private.

In lieu of flowers, donations in Brian's name may be sent to the Alzheimer's Clinical & Translational Research Unit (ACTRU) and mailed to Massachusetts General Hospital Development Office, 125 Nashua St., Suite 540, Boston, MA 02114 or made online by visiting: www.giving.mass-general.org/donate; please be sure to indicate that the gift is a tribute gift in memory of Brian.



BRIAN C. COOKE

See www.Keohane.com for online condolences.

Carol A. Bottary

Carol A. Bottary, of Quincy, passed away on May 4, 2024. She was 85 years old.

Daughter of the late John & Helen Noreau. Sister of the late John Noreau & wife Patricia of Lowell. She was the mother of Leo & wife Diane of California, James & wife Karen of Quincy, and Stephen & wife Heather of Halifax. Grandmother of Jimmy, John, Amanda, Nicole, Erika, Stephen, Cody, Kristen and Taylor. Great grandmother of Nora & Ben.

Carol was a talented artist and member of many art associations.

Services are being held privately.



CAROL BOTTARY

In lieu of flowers, donations may be sent to the Humane Society in memory of Carol.

Funeral arrangements by Sullivan Funeral Homes, Rockland - Hanover - Hanson.

NOTICE OF PUBLIC HEARING

Notice of Public Hearing

May 6, 2024

2024-53

The Quincy City Council will hold a Public Hearing, on Monday, May 20, 2024, at 6:25 PM in the City Council Chambers, City Hall, 1305 Hancock Street, Quincy in reference to a petition from Massachusetts Electric Company d/b/a NATIONAL GRID of Brockton, MA. That it desires to construct a line of underground electric conduits, including the necessary sustaining and protecting fixtures, under and across the public way or ways hereinafter named.

Wherefore it prays that after due notice and hearing as provided by law, It be granted permission to excavate the public highways and to request permission to run and maintain underground electric conduits, together with such sustaining and protecting fixtures as it may find necessary for the transmission of electricity, said underground conduits to be located substantially in accordance with the plan filed herewith marked Coddington Street -Quincy, Ma. The following are the streets and highways referred to: 14319176

Coddington St- Beginning at a point approximately 0 feet at the centerline of the intersection of Faxon Avenue and Coddington Street and continuing approximately ~1,800 feet in a Northeasterly direction. Install underground facilities opening Coddington Street, Tresland Way, and Southern Artery. Opening Coddington Street around P5 Coddington Street and installing conduit and manholes in the roadway and sidewalk to MH 10-1 near High School. Installing ~200' of conduit on Tresland Way. Installing conduit and manholes from MH16-1 to Southern Artery. This work is being done as part of the city undergrounding effort.

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on May 20, 2022 to be entered into the record.

Nicole L. Crispo
Clerk of the Council

5/9/24

NOTICE OF PUBLIC HEARING

Notice of Public Hearing

5/01/24

2024-047

The Quincy City Council will hold a Public Hearing, on Monday, May 20, 2024 at 6:20 PM in the City Council Chambers, City Hall, 1305 Hancock Street, Quincy in reference to a petition from National Grid for gas main location.

National Grid hereby respectfully requests permission to the locations of mains as herein-after described for the transmission and distribution of gas in and under the following public streets, lanes, highways and places of the City of Quincy and of the pipes, valves, governors, manholes and other structures, fixtures and appurtenances designed or intended to protect or operate said mains and accomplish the objects of said Company; and the digging up and opening the ground to lay or place same:

Lind St from Empire St to Brockton Ave.
The Relay 140 feet of 2-inch Coated Steel (1926/1965) gas main and 220 feet of 4-inch Cast Iron (1914) gas main in Lind St from Empire St to Brockton Ave with 460 feet of 6-inch Plastic gas main Relay 75 feet of 4-inch Coated Steel (1963) gas main in the intersection of Lind St and Empire St with 75 feet of 6-inch Plastic gas main.
Relay 40 feet of 4-inch Cast Iron (1955) gas main in the intersection of Lind St and Broadway Ave with 40 feet of 6-inch Plastic gas main. Relay 40 feet of 4-inch Cast Iron (1911) gas main in the intersection of Lind St and Brockton Ave with 40 feet of 6-inch Plastic gas main. Relay 300 feet of 4-inch Cast Iron (1926) gas main and 140 feet of 4-inch Coated Steel (1965) gas main in Lind St from Brockton Ave to EOM with 440 feet of 6-inch Plastic gas main

April 3, 2024 WO# 1579171

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on May 20, 2024 to be entered into the record.

Nicole L. Crispo
Clerk of the Council

5/9/24

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family. They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Five Health Tips To Help Make The Most Of Mother's Day

By Dr. ANA STANKOVIC
Chief Medical Officer,
UnitedHealthcare
of New England

It's fitting Mother's Day occurs each spring, a time often associated with renewal and rebirth.

As we celebrate the women in our lives and the important role they play in our families and our communities, Mother's Day also provides an opportunity to think about ways to help encourage women of all ages to prioritize their health. Women may face unique and varied health care needs based on age, race, culture and other factors, so a holistic approach to well-being is important.

Often the caretakers and CEOs of their families' health care needs, some women prioritize the well-being of their partners, parents and children while neglecting their own. In fact, a survey of American women found that nearly half of respondents had in the previous year skipped a preventive health care visit, such as an annual checkup, vaccine or recommended screening.

At the state level, Massachusetts ranks No.2 for the overall health of women

(ages 18 to 44) based on more than 40 measures of health and well-being, according to the United Health Foundation America's Health Rankings® 2023 Health of Women and Children Report.

To recognize Mother's Day and National Women's Health Week (May 12-18), consider these five tips to help support the health of women, especially expectant and new mothers:

Work in a Well-Woman Visit:

Nationally, more than two-thirds (70.5%) of women (ages 18 to 44) receive an annual well-visit, slightly below the 75.5% in Massachusetts.

These annual visits can include important screenings, guidance and immunizations based on age and risk factors. They can also provide an opportunity to discuss with your health professional how to encourage a healthier lifestyle.

Mammograms Matter:

One in eight American women will get a breast cancer diagnosis at some point in her lifetime, and most cases are detected by a mammogram before symptoms appear.

Research shows the five-year breast cancer survival rate has increased in recent years, now reaching more than 90%.

For patients diagnosed with early-stage breast cancer, the five-year survival rate is close to 100%.

Given rising cancer rates for younger women and data showing screenings can save lives, new federal guidance recommends women get a mammogram every other year starting at age 40, compared to prior recommendations that these tests start no later than age 50.

Take Charge of Your Health:

This can mean eating well, staying active, getting sufficient sleep and limiting stress as much as possible. For expectant mothers, the U.S. Surgeon General advises that no amount of alcohol is safe during pregnancy, and smoking is unsafe for you and your baby.

For support, your health plan may offer programs and online resources at no additional cost that can help you adopt a healthier lifestyle or improve the management of chronic conditions (if needed), which is important for

Cont'd On Page 27

BBB Tip: Start Planning For Retirement With These Steps

By BETTER BUSINESS BUREAU

Whether you've just started your career or are nearing the end of it, retirement is probably at the top of your mind. Setting goals and planning are essential to ensure you have enough money to enjoy your retirement however you wish, but when should you start planning?

There's no specific age when you must start planning for retirement, but the

earlier you can start saving money, the better. Fidelity Investments recommends you save at least one time your salary by age 30 and 10 times your salary by age 67. If you've already started saving, great! If you haven't, don't worry! It's never too late to start – consider these steps to begin planning.

First, **determine your ideal retirement age and how much money you will need in retirement.** AARP shares that you'll need about 80 percent of your pre-retirement income to maintain

your current lifestyle in retirement. Take time and determine what you anticipate spending during retirement and whether any lifestyle changes require additional funds. If you need more assistance calculating this total, NerdWallet offers a free retirement calculator to estimate how much money you will need.

You can also work with a trusted financial consultant who offers retirement planning services to help you start this process. They

can provide more details on inflation, the stock market, social security benefits, and investment programs, which can impact your retirement savings.

Second, once you've determined how much money you will need, it's time to **choose a retirement savings plan.** You may have heard of 401(k)s, 403(b)s, IRAs, or RRSPs if you live in Canada. But what do all these numbers and letters mean? These are all types of retirement savings accounts that may or may not be available to you, depending on your unique situation.

Some employers offer plans with added benefits

like an employer's match, and some accounts can be opened at your local bank, credit union, or an online brokerage. Your employer or government may also offer pension plans, and if you're self-employed, there are other retirement savings options for you, too.

Now, that's a lot to unpack, so working with a reputable financial consultant specializing in retirement planning services is a good idea to ensure you fully understand your options and feel confident in your choices. Your financial consultant can evaluate your options and help you determine which savings plan is best

for you. They can also explain the difference between saving pre-tax and post-tax dollars, how to properly allocate those funds into your accounts, and annual contribution limits. In addition, your financial consultant can guide you on **investing the funds in your accounts** based on your age, how much money you need, and when you plan to retire.

After determining how much money you will need and deciding on a retirement plan, **start a budget that includes your monthly savings for retirement.** Be sure that your monthly savings will help you reach your goals. If you need more guidance on budgeting, check out BBB's tip on 10 things to help you create a budget and stick to it.

Remember to check in on your savings and budgets often to ensure you are still on track to reach your retirement goals. Recent life events like getting a new job or a promotion, losing a job, starting a family, or receiving an inheritance can impact your spending and saving goals. Re-evaluate your situation annually and adjust your budgets as needed. As you approach retirement, your financial consultant may adjust your fund investments to ensure you meet your goals.

Are you looking for assistance with the retirement planning process? Finding the right financial consultant for retirement planning can be one of your most important decisions. Suppose your consultant will be helping you open savings accounts and manage investments. In that case, you'll need to share your financial and personal information with them, like your bank account numbers and social security number. Therefore, you must find someone you can trust.

Always look for the BBB Seal when searching for a financial consultant.

LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION TO EXPAND THE POWERS OF A GUARDIAN

Docket No. NO21P1033GD

Commonwealth of Massachusetts
The Trial Court

Probate and Family Court

Norfolk Probate

and Family Court

35 Shawmut Road

Canton, MA 02021

In the Interests of:

Mary Engel

Of: Quincy, MA

RESPONDENT

Incapacitated Person/

Protected Person

To the named Respondent and all other interested persons, a petition has been filed by Beth Israel Deaconess Needham of Needham, MA in the above captioned matter requesting that the court:

Expand the powers of a Guardian of the Respondent. The Petition asks the court to make a determination that the powers of the Guardian and/or Conservator should be expanded, modified, or limited since the time of the appointment. The original petition is on file with the court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **05/22/2024**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 19, 2024
COLLEEN M. BRIERLEY
Register of Probate

5/9/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-24-17

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, May 21, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Tim Johnson for a VARIANCE to expand an approx. 2,880 sq ft free standing brick commercial building by adding an addition of 1,788 sq ft in violation of the Quincy Zoning Ordinance 4.1.1 (dimensional requirements) on the premises numbered 678 ADAMS STREET.

Plans and specifications may be viewed online at <https://quincyma.portal.opengov.com/search>

Martin Aikens, Chairman

5/2/24, 5/9/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-24-23

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, May 21, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Jim Chen for a Finding to construct a second floor in violation of the Quincy Zoning Ordinance 3.4.5 (Conforming single family structure) on the premises numbered 57 WAYLAND ST, QUINCY, MA.

Plans and specifications may be viewed online at <https://quincyma.portal.opengov.com/search>

Martin Aikens, Chairman

5/2/24, 5/9/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-24-31

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, May 21, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of 50 Cushing, LLC for a Variance and Special Permit to construct 2 - 3 story townhouses with parking underneath aside the existing structure in violation of the Quincy Zoning Ordinance 4.1 (dimensional requirements), 4.2.2 (two buildings on one lot), 5.14 (parking setbacks) and 9.4 (special permit, residential) on the premises numbered 50 CUSHING STREET, QUINCY, MA.

Plans and specifications may be viewed online at <https://quincyma.portal.opengov.com/search>

Martin Aikens, Chairman

5/2/24, 5/9/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-24-32

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, May 21, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Brian LaRoche for a VARIANCE AND SPECIAL PERMIT/FLOOD PLAIN to demolish the existing single family house and erect a 3 story 2 family home in violation of the Quincy Zoning Ordinance 4.1 (dimensional regulations) on the premises numbered 16 LEE STREET, QUINCY, MA.

Plans and specifications may be viewed online at <https://quincyma.portal.opengov.com/search>

Martin Aikens, Chairman

5/2/24, 5/9/24

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME

Docket No. NO24C0135CA

Commonwealth of Massachusetts
The Trial Court

Probate and Family Court

Norfolk Probate

and Family Court

35 Shawmut Road

Canton, MA 02021

(781) 830-1200

In the Matter of:

Jessica Mary Moody

A Petition to Change

Name of Adult has been

filed by

Jessica Mary Moody of

Quincy, MA

requesting that the court

enter a Decree changing their

name to:

Jessica Moody Davidner

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Norfolk Probate and Family Court before 10:00 a.m. on the return day of 05/29/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 22, 2024

COLLEEN M. BRIERLEY

Register of Probate

5/9/24

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME

Docket No. NO24C0079CA

Commonwealth of Massachusetts
The Trial Court

Probate and Family Court

Norfolk Probate

and Family Court

35 Shawmut Road

Canton, MA 02021

(781) 830-1200

In the Matter of:

Dahlia Rose Smith

A Petition to Change

Name of Adult has been

filed by

Dahlia Rose Smith of

Quincy, MA

requesting that the court

enter a Decree changing their

name to:

Dahlia Rose Errahani

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Norfolk Probate and Family Court before 10:00 a.m. on the return day of 05/29/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 1, 2024

COLLEEN M. BRIERLEY

Register of Probate

5/9/24

LEGAL NOTICE

CITY OF QUINCY

May 2, 2024

NOTICE OF PUBLIC HEARING 2024-048

The Quincy City Council will hold a Public Hearing on Monday, May 13, 2024 at 6:30 PM in the Great Hall, City Hall, 1305 Hancock Street, Quincy to consider the following: The Proposed Fiscal Year 2025 Municipal Budget pending in the Finance Committee.

Nicole L. Crispo
Clerk of Council

5/9/24

LEGAL NOTICE

CITY OF QUINCY NOTICE OF PUBLIC HEARING 2024-039

The Quincy City Council will hold a Public Hearing, on Monday, May 20th at 6:30 PM in the Great Hall at Historic City Hall 1305 Hancock Street, Quincy in reference to 2024-039 – Order – Urban Revitalization and Development Plan & Amendment #6 currently pending in the Finance Committee and Downtown and Economic Development Committee of the Quincy City Council.

A copy of the order may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

5/9/24

Big Brothers Big Sisters of Eastern MAs Launches Big Futures Mentoring Program

Quincy High School Students To Receive One-To-One Mentoring

Big Brothers Big Sisters of Eastern Massachusetts (BBBSEM), the state's leading one-to-one mentoring program for youth, is teaming up with Quincy High School to launch Big Futures Mentoring.

The new high school mentoring program to begin at the top of the 2024-2025 school year will match Quincy High School freshmen with adult volunteers who will build mentoring relationships and leverage experiential learning to prepare them for post-secondary success over the course of their high school experience.

"Quincy High School is putting the immediate needs of its students first by allowing our organization to establish a deep partnership within the school community," says Terrance McCarron, BBBSEM's Chief Program Officer. "Students with a mentor have been shown to have improved attendance, improved academic performance, stronger peer

relationships and healthier attitudes and behaviors. One more dedicated support can be the difference. The Big Futures Mentoring program offers high schools the power of mentorship, packaged for teens and designed to complement class time, not compete with it, to help youth reach their fullest potential."

Big Futures Mentoring, a spinoff of BBBSEM's former technology-enriched Mentor 2.0, program, will take a more hybrid approach. Each grade level will concentrate on different skill sets. Freshmen and sophomores will focus on relationship building and experiential learning through weekly online communication and monthly in-person meetings with additional game nights, panel discussions and other fun events throughout the school year. Juniors will hone in on college and career readiness and post-secondary pathways, participating in workshops, competitions,

and job shadowing experiences with select corporate partners coupled with structured reflection activities on different pathways. In their final year, seniors will meet in cohorts based on their pathway of choice, to review key milestones to succeed in each path, such as resume writing and FAFSA completion, and participate in group college tours and internship opportunities.

"Quincy High School is super excited to partner with Big Brothers Big Sisters of Eastern Massachusetts' Big Futures Mentoring Program," says Keith Ford, Quincy High School principal. "This program is a wonderful opportunity for our incoming 9th graders to establish meaningful connections that will stay with them through their high school experience. Our partnership with Big Brothers Big Sisters reinforces our commitment in creating positive relationships that both encourage and challenge our students to

maximize their full learning potential, in order to prepare them to be impactful citizens to society."

As for the adults who volunteer for BBBSEM, mentors often report getting just as much or more out of their mentoring relationships. The Big Futures Mentoring Program offers busier adults a more flexible commitment with the ability to build relationships conveniently and sustainably while still making an impact. The program also offers local employers more opportunities for employees to get more entrenched in their community while building pipelines of young talent in their industries.

"The Big Futures Mentoring program gives local employers and their employees the opportunity to invest

in their communities," says Rosemary Sheehan, current BBBSEM Board Chair. "Through youth mentoring, professionals can provide the knowledge, skills and supports to help high school students thrive and advance on their educational and career pathway."

Not only is the program designed to give students the support they need to pursue jobs they love and earn a livable wage, but the structure works toward diversifying the workforce, creating greater access to jobs for BIPOC communities and women. Each mentor will offer accountability for their mentee, so they thrive in high school, graduate, and confidently make post-secondary plans.

In its 75th year, the largest Big Brothers Big Sisters affiliate in New England has created and served

more than 25,000 matches and will serve nearly 4,000 matches this year. For more information, to become a volunteer, or to register your children, visit: www.emass-bigs.org.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO24P1136EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Guang Hui Gao
Also known as:
Guanghui Gao
Date of Death:
09/26/2023

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Qiaoliang Gao of Braintree, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Qiaoliang Gao of Braintree, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 05/29/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 26, 2024
COLLEEN M. BRIERLEY
Register of Probate

Five Health Tips To Help Make The Most Of Mother's Day

Cont'd From Page 25

expectant women.

Encourage Healthy, Full-Term Deliveries:

For women thinking about starting or expanding their families, it's important to access quality pre-conception, prenatal and post-natal care. Importantly, this type of support may help improve health outcomes for both moms and babies.

It may also be helpful to identify people who can provide support before, during and after delivery. One option is a doula. These non-clinical professionals can provide emotional, informational and physical support for women and families during their pregnancy and delivery journeys. Doulas have been found to improve clinical outcomes, especially for people of color.

Know Your Maternity Benefits and Rights at Work:

If you work full-time and plan to return to your job after your baby is born, it is helpful to know your company's maternity leave policy.

The Family and Medical Leave Act (FMLA) enables mothers and fathers who have worked at least one year for a company with 50 or more employees to take up to 12 weeks of unpaid time off. Many employers also offer full or partial paid leave. According to

the National Partnership on Women and Families, your employer may be required to give you the same — or a substantially equivalent — job back after your leave.

Our nation has celebrated Mother's Day for more than 100 years. By considering this information, we can continue supporting the health of women and honor them for their important contributions to our communities.

ORDER NO. 2024-052
ORDERED:

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers

Section 325.47 Stop Signs Locations

Install the following:

Street	Intersecting with	Type of Regulation
Main Street	Sumner Street	Stop Sign - All Ways

A TRUE COPY

ATTEST: Nicole L. Crispo
Clerk of Council

5/9/24

LEGAL NOTICE

CITY OF QUINCY
IN COUNCIL

May 06, 2024

REQUEST FOR PROPOSALS

REQUEST FOR PROPOSALS

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

Request for Proposals FOR AN OUTDOOR MURALIST(S)

In accordance with M.G.L. Chapter 30B and all other relevant procurement laws and guidelines, The City of Quincy acting on behalf of the Office of the Mayor, is soliciting proposals to participate in the design and painting of buildings, bridges, and other outdoor spaces to be determined by the City.

Request for Proposals submittals will be received at the Office of the Purchasing Department; City Hall, 1305 Hancock Street; Quincy, MA 02169, until **Thursday, May 23, 2024, at 11:00 a.m. Late responses will be rejected.**

Non-Price Proposals must be in a sealed envelope and separate from the Price Proposals in another sealed envelope. The outside of the sealed envelopes is to be clearly marked "RFP - NON-PRICE PROPOSAL ENCLOSED" with time/date of RFP and "RFP - PRICE PROPOSAL ENCLOSED" with time/date of RFP.

Copies of the Request for Proposals will be available on Wednesday, May 8, 2024, and may be obtained from the Purchasing Department or by emailing mmarini@quincyma.gov between 8:30 a.m. and 4:30 p.m. Monday through Friday. The RFP will also be available on the City's website (www.quincyma.gov).

All inquiries must be received via email to klogan@quincyma.gov and cc: mmarini@quincyma.gov thru May 17, 2024, by 12:00 p.m.

The City of Quincy shall determine the selected artist through a standard panel-based artist selection process. The City of Quincy reserves the right to withdraw the Request for Proposal; to reject any and all submittals; and to accept any submittals deemed to be in the best interest of the City of Quincy.

Bids shall be in accordance with any and all M.G.L. Chapter 30B. All Federal, State and City of Quincy regulations will apply. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

The City of Quincy reserves the sole right to amend this RFP by formal Addendum.

Thomas P. Koch, Mayor
Kathryn R. Logan, Chief Procurement Officer

5/9/24

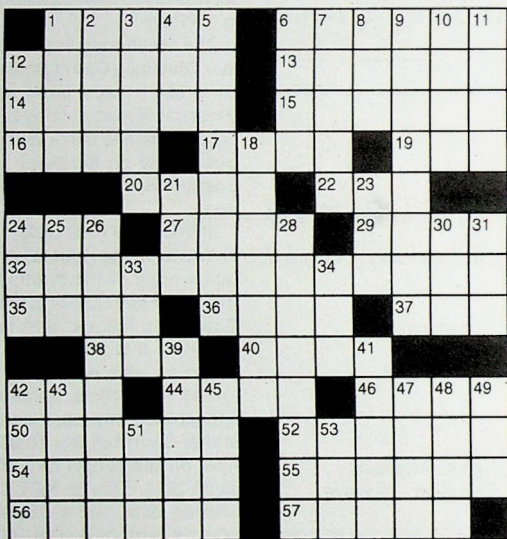
5/9/24

SUN FUN PAGES

King Crossword

ACROSS

- 1 Volume-based
6 Outcome
12 Spud
13 Key in again
14 Chalkboard accessory
15 Vineyard harvest
16 Classic soda brand
17 "Excuse me ..."
19 Tolkien creature
20 First lady of scat
22 Lith., once
24 Six-pack muscles
27 "Carmen" solo
29 Staffer
32 Employer's directive
35 Hideaway
36 Couturier
37 Science guru
38 Small tablet
- 40 Iowa city
42 Top card
44 Hotel chain
46 "Casablanca" role
50 Tomorrow, in Tijuana
52 Witty retort
54 Billie Eilish hit song
55 Allow
56 Small maps
57 Indian yogurt dish
- 12 Stock holder
18 Hispaniola resident
21 Trail the pack
23 Cutting tool
24 100%
25 "Don't — stranger!"
26 Allowances
28 Perfume dispenser
30 Parched
31 Scrape (out)
33 Span. lady
34 Raw mineral
39 Dunkable treat
41 Egyptian peninsula
42 Both (Pref.)
43 "Misery" star
45 Baseball legend Willie
47 Pride parade initialism
48 Actress Ward
49 "How — you?"
51 Mature
53 — jiffy
- DOWN**
1 Apple center
2 Beehive State
3 Count with an orchestra
4 Mineral suffix
5 Lipstick shade
6 Incite
7 Salon jobs
8 Depot (Abbr.)
9 Father of Helios
10 Serving customers
11 Try out



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WORDS

MAGIC MAZE ● ENDING IN "ISH"

O S P N H K I F H C A X V S Q
H O L S W E D I S H J H E C A
X (S I L V E R F I S H) V T R P
N W I H L J H H R I S H F D B
Y H X L S V S T U F I N I S H
R P S O P I I M O N F K I S S
G E D I L M L B N U Y Z I X I
W U T U F R O G Q S L F O N L
L J O I G N B C N F L D C A B
Y H S I F Y A R C E E X W V U
G T H S I L O P S A J S R P P

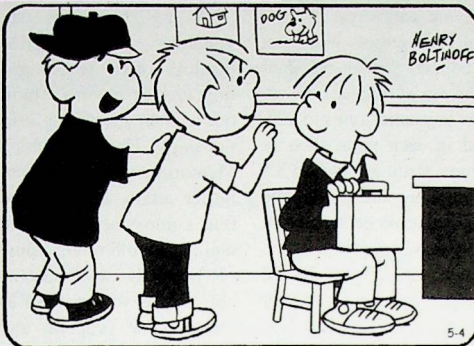
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint:

- | | | | |
|------------|-----------|------------|---------|
| Abolish | Finish | Panfish | Sunfish |
| Accomplish | Ghoulish | Publish | Swedish |
| Crayfish | Jellyfish | Selfish | Wish |
| English | Nourish | Silverfish | |

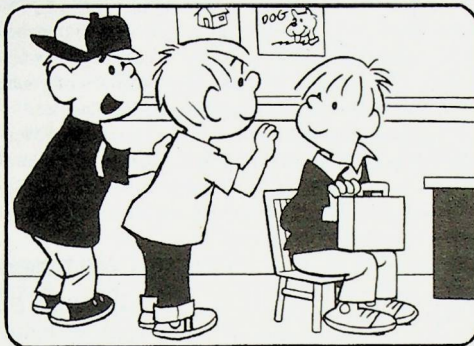
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Desk is moved. 2. Chalkboard isn't as wide. 3. Stripe is added to sleeve. 4. Cap is different. 5. Chair rung is higher. 6. Sneakers are different.

Trivia test

by Fifi Rodriguez

- MUSIC: The 1980s group Duran Duran took its name from a character in which movie?
- SCIENCE: What is the science of making maps called?
- GEOGRAPHY: Which country is surrounded by the country of South Africa?
- MOVIES: What is the name of the boy who owns the toys in "Toy Story"?
- THEATER: What are the major divisions in a play?
- TELEVISION: Which sitcom has the theme song, "Everywhere You Look"?
- GAMES: How many checkers does each player get to start the game?

- LITERATURE: Which children's book features a construction vehicle named Mary Anne?
- ANATOMY: What are the smallest blood vessels in the human body called?
- ANIMAL KINGDOM: What is the name of the dog mascot on the front of a Cracker Jack box?

Answers

- "Barbarella."
- Cartography.
- Lesotho.
- Andy Davis.
- Acts, which are divided into scenes.
- "Full House."
- 12.
- "Mike Mulligan and His Steam Shovel."
- Capillaries.
- Bingo.

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Wishing Well®

8 2 6 7 5 7 2 3 7 6 8 4 2
G E I K A E X F E N O P P
3 5 2 8 7 6 2 8 3 6 4 3 7
R I E A P T C L E U E E A
5 8 7 8 2 7 6 8 7 4 8 4 2
D S N A T G I R E R E F S
6 5 3 2 6 7 3 7 4 5 2 6 8
T O C U I R H I E T C O A
4 3 6 4 6 8 4 2 5 7 2 6 8
C O N T I C L C H N E S H
7 6 7 3 7 8 6 4 7 6 7 2 5
C H H I E I I I C G K S E
4 5 2 8 4 5 6 8 3 8 3 8 3
F R S E E S H V C E E D S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) That anxious feeling disappears with a reassuring gesture from a loved one. In addition, the weekend holds some pleasant surprises for the ever-adventurous Lamb.

TAURUS (April 20 to May 20) A planetary lineup creates unsteadiness both on the job and in your private life. Stay the course, and you'll soon ride out the worst of the unsettling effects.

GEMINI (May 21 to June 20) Leave nothing to chance. You need to get more involved in working out problems at home and on the job. Meanwhile, a Sagittarian offers romantic possibilities.

CANCER (June 21 to July 22) A new relationship suddenly presents unexpected problems. Clear up all misunderstandings now to avoid more serious situations later.

LEO (July 23 to August 22) This is a good time to act on long-delayed projects, both personal and professional. A new job prospect opens up some exciting possibilities. Check it out.

VIRGO (August 23 to September 22) Those on-the-job changes continue to bring new challenges. In your personal life, be more flexible in dealing with a loved one who needs your help.

LIBRA (September 23 to October 22) A personal problem creates some concern at first, but your prompt attention helps to get things sorted out.

Family and friends provide much-needed support.

SCORPIO (October 23 to November 21) A strong positive attitude helps disperse a cloud of negativism around you. A friend reaches out to offer loving support when you need it the most.

SAGITTARIUS (November 22 to December 21) A setback in an important relationship results from a misunderstanding. Forget the finger-pointing and take the first step to set things straight.

CAPRICORN (December 22 to January 19) Keep an open mind about changes in your personal life. What seems unacceptable at first might prove to be otherwise when more facts begin to emerge.

AQUARIUS (January 20 to February 18) It's a good time to start the healing process for bruised or broken relationships. There may be some resistance to a reconciliation, but don't give up.

PISCES (February 19 to March 20) During this period of change, the wise Pisces should avoid swimming in rough waters. Take time for things to settle before making a serious commitment.

BORN THIS WEEK: You are friendly and enjoy good company. You have a fine sense of business and are more likely than not to succeed at whatever you choose to do.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

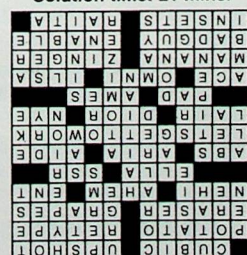
Clue: T equals C

RVL TLULDP OKHIKB XDB
UDEACPW LHTUNDTVAHI KENH
RVL WLDUPW TUNEB NO UWL
DHC XVLDR. LUIN, LUINR.

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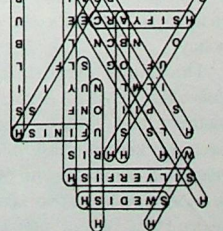
King Crossword — Answers

Solution time: 21 mins.



Magic Maze

ANSWERS:



CryptoQuip answers and wheat. Ergo, ergo. The cereal fungus was rapidly encroaching upon the yearly crops of rye.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Keanu Reeves will turn 60 on Sept. 2 of this year, but that's not slowing him down. He's currently one of the stars of the black comedy "Outcome," which was written, directed and produced by Jonah Hill. Hill also stars in the film, alongside Cameron Diaz, Matt Bomer, soap legend Susan Lucci, David Spade, Laverne Cox and Roy Wood Jr. Reeves also has a new comedy film "Good Fortune," written and directed by Aziz Ansari. It co-stars Seth Rogen, Sandra Oh and Keke Palmer (the current host of "Password"). In addition, Reeves did a cameo in "John Wick Presents: Balserina" (the fifth installment in the franchise), which stars Ana de Armas, Anjelica Huston, Gabriel Byrne, Lance Reddick and Ian McShane. To date, the franchise has grossed more than \$1 billion.

Lest we forget Reeves joining the cast of "Sonic the Hedgehog 3," which will hit movie screens on Dec. 20. He lends his voice alongside Jim Carrey, James Marsden, Ben Schwartz and Idaris Elba. "Sonic the Hedgehog 2" took in a whopping \$405 million at the box office.

Nipping at his heels are three budding Hollywood superstars in waiting. The first is GLEN POWELL ("Top Gun: Maverick"), who's taking on Arnold Schwarzenegger's role from the 1987 classic "The Running Man" (a Stephen King bestseller). Powell's recent rom-com "Anyone but You" pulled in close to \$220 million in theaters, and his disaster film "Twisters," with Daisy Edgar-Jones and Anthony Ramos, will hit theaters like a cyclone on July 19.

But don't count AUSTIN BUTLER out! He's giving Powell a run for his money with "Dune: Part Two," which has grossed

\$704.3 million so far. Butler also has the upcoming drama "The Bikeriders" due on June 21, and he co-stars with Jodie Comer, Tom Hardy, Michael Shannon and Norman Reedus. In addition, Butler will star in "Eddington" with Joaquin Phoenix, Emma Stone, Pedro Pascal and Luke Grimes. The film is currently being shot in New Mexico until May 17.

Now add TIMOTHEE CHALAMET to the mix, who toplined "Dune: Part Two" and "Wonka" (which grossed about \$633 million). Chalamet is taking on the role of music legend Bob Dylan in "A Complete Unknown," with Elle Fanning, Edward Norton and Boyd Holbrook.

On the flip side, former "Baywatch" bathing beauty PAMELA ANDERSON is making a comeback in the role that Priscilla Presley made famous in the 1988 Leslie Nielsen comedy "The Naked Gun." The film also starred George Kennedy, "Weird Al" Yankovic and Ricardo Montalban, and it spawned two sequels, earning the franchise close to \$500 million.

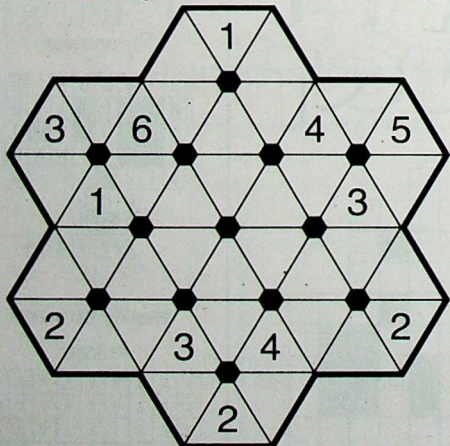
Meanwhile, the title star of "Barbie," MARGOT ROBBIE, is shooting "A Big Bold Beautiful Journey" with Colin Farrell (who currently stars in the Apple TV+ series "Sugar" and the Max series "The Penguin"). Lastly, ZENDAYA filmed the sports film "Challengers," which hit theaters on April 26 and co-stars Josh O'Connor. She refused to wait around for HBO to get their act together for "Euphoria." Even though they gave the controversial series a green light for season three, they never gave it a start date due to the pandemic and the writer's and actor's strikes. Not exactly a perfect, euphoric situation!

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		-		=	9		
+		+		+				
	+		-		=	14		
x		÷		x				
	-		÷		=	2		
=		=		=				
70		16		14				
1	2	3	4	5	6	7	8	9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Toothpick Holders — Collectibles don't need to be utilitarian. In fact, many of today's collectibles have a purpose that has been lost to time. Toothpick holders, especially from the 19th century, are miniature examples of the beauty of art glass, pottery, porcelain or silver. They often resemble tiny vases or figurines and may sell for lower prices than larger pieces by the same makers.

This porcelain toothpick holder sold at Woody Auction for \$84. The auction describes it as "bag-shaped," but it is an unusual example. Bag-shaped vessels tend to be shaped like upright bags with the opening as the neck.

This one is shaped like a bag lying on its side, tied closed, with a gilt-edged "hole" as the top opening. It is decorated with painted sprays of flowers and marked with the initials "J.P.L.," the mark of Jean Pouyat, one of the many porcelain makers in Limoges, France. There is also a complex signature of intertwined letters; likely the mark of the painter. Some porcelain factories in Limoges sold blanks, or undecorated pieces, to be painted by artists or hobbyists.

Q: I follow your column regularly in the Sunday Republican and enjoy it very much. I own four bronze sculptures by Frederic Remington. They are all about 12 inches tall. They are in very good condition. Can you give me an idea of their value?

A: Frederic Remington (1861-1909) made 22 different sculptures beginning in 1895. The first four were cast in bronze at the Henry-Bonard Bronze Co. in New York. Beginning in 1900, his sculptures were cast at the Roman Bronze Works in New York.

All his original bronzes are marked with one of those two foundry names. His bronze sculptures are the most reproduced bronzes. Most of the original sculptures are about 24 inches tall or larger. Original Remington bronzes sell at auctions for \$75,000 or more. The 32-inch bronze sculpture titled "The Broncho Buster" sold for over \$600,000 a few years ago. Reproductions sell for under \$500. The website of the Frederic Remington Museum in Ogdensburg, New York (FredericRemington.org), has information and a form you can fill out if you think you have an original Remington sculpture.

TIP: Stains on porcelains can be removed by soaking them in a mixture of 2 tablespoons denture cleaner and 1 quart tepid water.

CURRENT PRICES

- Painting, miniature, woman with hair tied back in a bun, blue background, oil on ivory, round gilt metal frame with bow detail, R. Hardedge, c. 1840, 2 x 2 inches, \$115.

- Weathervane, locomotive, sheet iron, cutout, black, silhouette of bearded engineer, smoke coming from smokestack, American, 20th century, 45 inches, \$220.

- Disneyana, figure, Mickey Mouse Fun-E-Flex, wood, painted, jointed, lollipop hands, 9 inches, \$780.

- Cigar cutter, figural, Otto von Bismarck, in uniform, standing, hand on small tower, cast iron, painted, rectangular base with egg and dart border, 9 inches, \$1,920.

For more collecting news, tips and resources, visit www.Kovels.com.

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STICKELERS

by Terry Stickels

Can you think of at least one five-letter word that ends with Y and does not contain A, E, I, O or U?

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Strange BUT TRUE

- Forget "hair of the dog" — a banana milkshake sweetened with honey is one of the best ways to cure a hangover. The banana helps calm the stomach while the honey builds up depleted blood sugar levels.

- If you sign up for the National Do Not Call Registry, anyone who places a sales call to your number can be fined up to \$40,654 per call.

- Asian hair grows 30% faster than Caucasian hair.

- The rainbow eucalyptus tree sheds strips of bark as it grows, revealing a green inner layer that changes color over time, taking on vibrant blue, purple and orange hues.

- Java junkies, did you know that when coffee spread from Arabia to Europe, some people called it a "Muslim drink" and wanted it banned? Fortunately, it became widely accepted when the Pope tried a cup and liked it enough to declare it a Christian beverage.

- In much of the U.S. it is illegal to buy a new car directly

from the manufacturer.

- Japanese scientists successfully created an MRI machine that can record dreams and reconstruct them for you to watch while you're awake.

- In 1818, the U.S. began building a fort near the New York-Quebec border to defend against invasions from Canada. After two years they realized the fort was actually on the Canadian side. The abandoned project was appropriately named Fort Blunder.

- Blue-eyed people have the highest rate of alcohol dependence.

- Ever wonder if you have a doppelganger? Head on over to Twinstrangers.com, where you can register to find your lookalike from anywhere in the world by uploading photos, selecting your facial features, and looking through matches.

Thought for the Day: "A wise man can learn more from a foolish question than a fool can learn from a wise answer." — Bruce Lee

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Now here's a tip!

by Jo Ann Derson

- Buff spots off of silver with toothpaste. Rub gently with a soft cloth, rinse and dry.

washer detergent. Stir and let set, then scrub out. It should wipe right out.

- Keep your dishcloths and sponges germ-free and smelling sweet. Once weekly soak them overnight in a few cups of water to which you've added a tablespoon or so of bleach. It will keep them from developing that mildew smell.

- "If there's a lot of burned-on food stuck to your pan, just add water immediately after cooking, then stick it in the oven (if oven-safe) at a low temperature for a little bit. It will soften the food, and you can clean it much easier." — U.A. in Montana

- "To keep mixes from bunching up on the beaters of my mixer, I spray them with a little canola oil right before mixing. It isn't enough to affect the recipe, but it helps them do a better job, I think. And I don't have to stop the mixer so often to scrape the dough from the beaters." — R.V. in Oklahoma

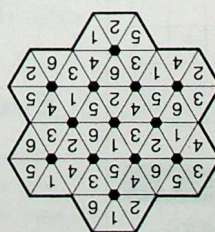
- "Save larger envelopes in which you receive mail. You can reuse them by gluing or taping a new label on the front. You can close them with packing tape. Some of these envelopes are expensive." — T.G. in South Carolina

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

solution



Stickelers Answer

Go Figure!

answers

14	16	70
=	=	=
2	1	5
x	÷	x
14	9	8
+	+	+
6	7	6

Here are two words we found: PYGMY and GYPSY.

Super Crossword

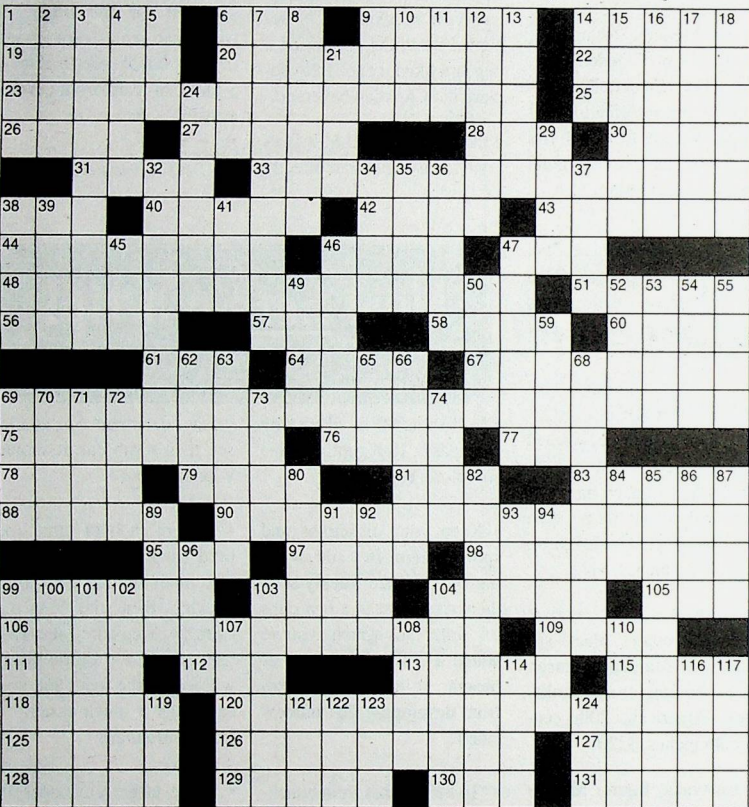
QUALITY COUNTERFEITING

ACROSS

- 1 Pour drippings on
- 6 J. Edgar Hoover's org.
- 9 Blocks up
- 14 Sailing
- 19 Earthy hue
- 20 Arsenal for weapons
- 22 Limericks, e.g.
- 23 Start of a riddle
- 25 Color qualities
- 26 Drain-clearing chemicals
- 27 Forster's "— With a View"
- 28 Frequently, to a bard
- 30 Unadorned
- 31 Brandy fruit
- 33 Riddle, part 2
- 38 Halt
- 40 Everyday worker
- 42 Disembarked
- 43 Sings
- 44 "Listen up!"
- 46 Vaping device brand
- 47 Crafty
- 48 Riddle, part 3
- 51 Analyze, as an alloy
- 56 Belgian painter James
- 57 Pro photog's camera
- 58 Bamboozle
- 60 "Pride and Prejudice" actress
- 61 Jennifer
- 62 Fleming
- 63 who created Bond
- 64 Shaving balm brand
- 67 Handheld telescope
- 69 Riddle, part 4
- 75 Golden-coated horse
- 76 "Star Wars" princess
- 77 To this point
- 78 Uganda's Idi
- 79 Side in sports
- 81 Pewter metal
- 83 Kinds
- 88 Certain
- 89 believer in God
- 90 Riddle, part 5
- 95 Marina del —, California
- 97 Bucks' mates
- 98 Car fuel
- 99 Walk over
- 103 Trig ratio
- 104 Uses teeth
- 105 Australian state: Abbr.

DOWN

- 106 End of the riddle
- 109 See 10-Down
- 111 Best Picture of 2012
- 112 Arbor Day
- 113 Poker champion
- 115 "Ticklish" doll
- 118 Top hats
- 120 Riddle's answer
- 125 Old TV parts
- 126 Captive's angry shout
- 127 — Carlo
- 128 "Full House" actor
- 129 Walk over
- 130 Crimson, e.g.
- 131 Limerick penner
- 132 Cereal holder
- 133 In need of a massage, maybe
- 134 Border collies, e.g.
- 135 In need of a massage, maybe
- 136 History unit
- 137 "M*A*S*H" actor
- 138 Small streams
- 139 "No more for me"
- 140 Federal health agcy.
- 141 With
- 142 109-Across, Beatles song or album
- 143 Brand of nail polish
- 144 Start to melt
- 145 Rod's partner
- 146 Liable
- 147 "It's a shame"
- 148 Upper House of Congress
- 149 Celebrity chef
- 150 Lagasse
- 151 Size up
- 152 Rikishi's sport
- 153 Golfed acceptably
- 154 "Bye 4 now"
- 155 Pithy saying
- 156 Membrane enclosing a fetus
- 157 Supermodel
- 158 Heidi
- 159 — Olay (face cream brand, formerly)
- 160 Boxer Oscar de la —
- 161 Additionally
- 162 12:00 p.m.
- 163 "Either you do it — will"
- 164 "Rock and Roll, Hoochie —" (1974 hit)
- 165 Amount of jelly or olives
- 166 Visit casually
- 167 Smellery stuff
- 168 Sammy with 609 homers
- 169 Part of SASE
- 170 — Pei
- 171 54 Additionally
- 172 Polite rural assent to a lady
- 173 Singer Lovett
- 174 Doing the job
- 175 A ripe old age
- 176 Sports draw
- 177 The way things stand
- 178 Scrams
- 179 Tablet since 2010
- 180 Appoint
- 181 Livy's 552
- 182 Bits in physics
- 183 Ark crafter
- 184 Alexander of Reagan's Cabinet
- 185 Military doc
- 186 Match under the stars, maybe
- 187 Hooting bird
- 188 Bonn's region
- 189 Sunbathes
- 190 Gumbo, e.g.
- 191 Horse gait
- 192 The last Mrs. Chaplin
- 193 Rod's partner
- 194 Not, to Scots
- 195 Whirling
- 196 "Exile" New Age singer
- 197 Noisy kisses
- 198 Albanian capital
- 199 Yule drink
- 200 Singer Snow
- 201 One hanging ten
- 202 Ember
- 203 Eye-teasing paintings
- 204 San — Obispo, California
- 205 Envelop in haze
- 206 In the sack
- 207 Put in silent mode
- 208 Yaks, e.g.
- 209 Former Brit. Airways jet
- 210 Corrida shout
- 211 Stephen of "Roadkill"
- 212 Incensed
- 213 Angry rock genre



celebrity extra

by Dana Jackson

Q: What is the name of the show that preceded "NCIS"? It had a very handsome leading man, but I'm blanking on the show and the star. — K.L.

A: "JAG," which is a United States military acronym that stands for Judge Advocate General, debuted on NBC in 1995, but the show moved to CBS a year later and lasted another nine seasons. The handsome leading man was played by David James Elliott, who was previously known as one of Elaine's boyfriends on the "Seinfeld" episode titled "The Couch."

"JAG" also starred Catherine Bell, Patrick Labyorteaux and John M. Jackson, all of whom have guest-starred on its very successful spin-off "NCIS." Mark Harmon, Cote de Pablo and Michael Weatherly launched the original "NCIS" series, which was currently just renewed for its 22nd season.

Elliott and Bell have both moved on from the show, working steadily since. Elliott starred alongside Jennifer Finnigan in another legal drama "Close to Home," from 2005 to 2007, and Bell starred in "Army Wives" for seven seasons. She's since acted in several TV movies for Lifetime and Hallmark. Elliott can be seen in the upcoming film "Harvest Moon," written by and starring Paul Bettany

("WandaVision").

"JAG" ultimately led to five "NCIS" series in total, each set in a different city. Unfortunately, "NCIS: Hawaii" — the first one with a female headliner (Vanessa Lachey) — was recently canceled after three seasons. It was axed days before the network was planning to announce its fall schedule. Its series finale will air on May 6.

Q: I recently read how much money Mark Cuban had to pay in taxes. Is he the richest of the "Shark Tank" investors? — E.E.

A: According to an article on TVInsider, the main panel members of ABC's "Shark Tank" have collectively invested \$200 million into products and investment opportunities featured on the show. Barbara Corcoran has the least net worth at an estimated (gulp) \$100 million. However, the top three wealthiest are Daymond John, the CEO of FUBU, who is worth \$350 million; Kevin O'Leary (AKA "Mr. Wonderful"), who has an estimated \$400 million net worth; and Mark Cuban, the only billionaire in the group, who has about \$6.86 billion.

Cuban recently wrote, "After military service, paying your taxes is the most patriotic thing we can do." His contribution to the IRS was said to be \$275.9 million.

Q: I love the new series "Shogun." Is there going to be another season, or is it a limited series? — Y.F.

A: The new FX series "Shogun" is based on a novel by



David James Elliott and Catherine Bell in "JAG"

Photo: Courtesy of CBS

James Clavell that was published in 1975. Set in the 15th through 17th centuries, it first became a hit miniseries back in 1980, originally starring Richard Chamberlain and Toshio Mifune. Since the newest series tells the entire story of the novel, the writers would have to come up with another chapter for there to be a second season. According to TV Guide, the series creators Rachel Kondo and Justin Marks are open to the idea of another season, but they don't know if it's possible, pointing out that even the novelist Clavell moved on to other stories after writing his acclaimed book.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFSW, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

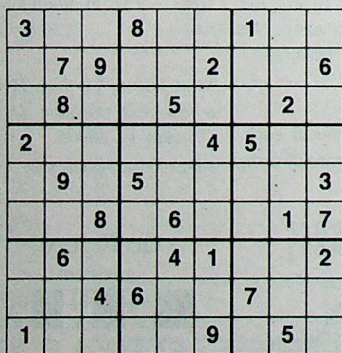
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------------|-------|----------------------|-------|
| 1. Thin biscuit | — F — | Las Vegas stake | — G — |
| 2. Anticipate | — C — | Skilled professional | — R — |
| 3. Gladden | — A — | Cream of the crop | — I — |
| 4. Coastline | — E — | Not very tall | — T — |
| 5. Colonel's sound-alike | — R — | Canine shelter | — N — |
| 6. Flexible | — I — | Planks and boards | — U — |
| 7. Comedian Seinfeld | J — | Absorbent cloth | T — |
| 8. Wholesale's opposite | — L — | Keep | — N — |
| 9. Indigenous | — C — | Faithful | — Y — |
| 10. Warehouse platform | — A — | BB | — E — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

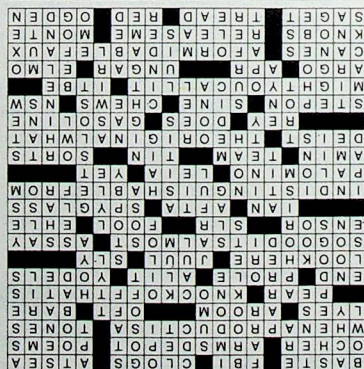
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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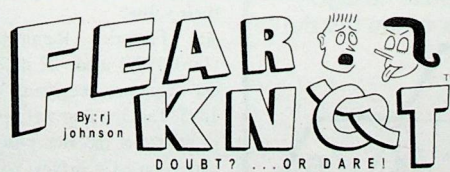
Super Crossword

Answers



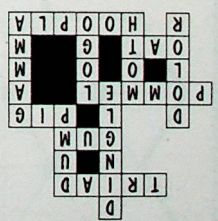
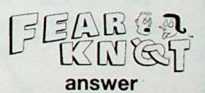
Even Exchange answers

- | | | | | |
|-------------------|-------------------|-------------------|-----------------|--------------------|
| 1. Water, Wager | 2. Expect, Expert | 3. Elate, Elite | 4. Shore, Short | 5. Kernel, Kennel |
| 6. Lumber, Lumber | 7. Jerry, Terry | 8. Retail, Relain | 9. Local, Loyal | 10. Pallet, Pellet |



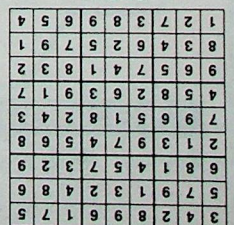
- GPI
- NEGDI
- IDART
- HMT0
- EMPL0M
- 0TA
- MDPU
- ♥AMAMG
- ♥UGM
- POAH0L
- ♥0LDRO
- GLO0

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

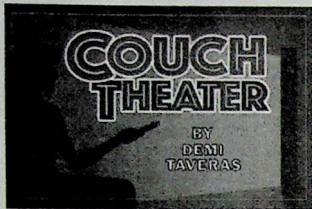


Weekly SUDOKU

Answer



MORE SUN FUN



"Love Lies Bleeding" (R) — This romantic thriller stars Kristen Stewart ("Spencer") and Katy O'Brian ("Ant-Man and the Wasp: Quantumania"). Taking place in 1989, Stewart plays Lou, a gym manager who falls for a bodybuilder named Jackie (O'Brian). As Jackie prepares for a bodybuilding competition, she stays with Lou and subsequently finds herself immersed in Lou's family drama. With an estranged criminal father who looms over the town and an abusive brother-in-law, Lou becomes filled with an intense rage that propels Jackie to take matters into her own hands. Buckle up for a deadly, mind-bending cat-and-mouse chase. Out now to rent. (Apple TV+)

"Unfrosted" (PG-13) — Jerry Seinfeld makes his feature directorial debut with this comedy film loosely based on the origin story of Pop-Tarts! Set in 1963, Kellogg's and Post Cereal are the two biggest names in the American cereal industry, but both companies are desperate to knock each other out of the running. When Kellogg's receives word that Post is creating a fruit pastry breakfast product, the company decides to recruit a team consisting of NASA scientist Donna Stankowski (Melissa McCarthy), Steve Schwinn (Jack McBrayer), Chef Boyardee (Bobby Moynihan), and Jack LaLane (James Marsden), to come up with a rival product. If those actors aren't enough to get you interested, here are just a few more names from the large ensemble cast Seinfeld was able to pull off: Jim Gaffigan, Hugh Grant, Amy Schumer, Peter Dinklage, Christian Slater, Sebastian Maniscalco, Jon Hamm and Bill Burr. Out now. (Netflix)

"The Idea of You" (R) — Based on

the novel of the same name by Robin Lee, this rom-com stars Anne Hathaway ("Eileen") and Nicholas Galitzine ("Red, White & Royal Blue"). Hathaway portrays a 40-year-old single mom named Solene who agrees to take her daughter to the musical festival Coachella. After unexpectedly encountering Hayes Campbell (Galitzine), the lead singer of the famous boy band August Moon, Solene and Hayes strike up an intense attraction amid their 16-year age gap. Initially, Solene expresses her fear about what people will say, but as their relationship progresses, she throws caution to the wind and lets herself fall for the picture-perfect boy bander. Rumor has it that Galitzine's character was inspired by several real-life boy banders. Out now! (Amazon Prime Video)



Nicholas Galitzine, left, and Anne Hathaway star in "The Idea of You."

"Prom Dates" (TV-MA) — Ah, the worry of showing up dateless to prom. It's something we've all likely experienced, and this coming-of-age comedy takes a stab at the hilarity that can ensue as teenagers prepare for this once-in-a-lifetime special night. Hannah (Julia Lester) and Jess (Antonia Gentry) are two best friends who made a pact to have the best prom ever, but the two girls unexpectedly break up with their boyfriends right before. As the hours count down to prom, Hannah and Jess go to absurd lengths to try to find a suitable date in time. Chelsea Handler and John Michael Higgins co-star in this amusing film. Out now! (Hulu)

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Contract Bridge

THE IMPOSSIBLE DREAM

South dealer.

Neither side vulnerable.

NORTH

♠ 10 9 5 3

♥ A 4

♦ A 10 5 4

♣ 6 4 3

WEST

♠ K 4

♥ Q J 9 7 5 3

♦ Q 9 8

♣ 5 2

EAST

♠ A Q J 8 7

♥ K 8 2

♦ 7 6 3

♣ J 10

SOUTH

♠ 6 2

♥ 10 6

♦ K J 2

♣ A K Q 9 8 7

The bidding:

South West North East

1 ♠ 2 ♥ Pass Pass

3 ♠ Pass 3 ♥ Pass

3 NT Pass Pass Dble

Opening lead — queen of hearts.

The best players play well, but they don't always achieve the perfection they could attain if they saw all four hands. For example, take this deal where all four players would have bid or played differently had they seen each other's cards.

North had no convenient bid over West's weak jump-overcall of two hearts. But after he passed and South showed a good hand by bidding

three clubs, North indicated interest in game by cuebidding West's suit. South read this as showing a heart stopper, and, after accepting North's invitation to bid three notrump, then stood his ground when East doubled.

West led a heart, and South ran like a bunny with nine tricks. He could have made two overtricks by guessing which way to take the diamond finesse, but he was understandably content to settle for three notrump doubled.

Of course, had West been sufficiently inspired to lead the king and another spade, the contract would have failed. But then, had North-South seen all the hands, they would have bid and made five clubs.

East surely would have altered the outcome had he simply raised two hearts to three, or even had he bid two spades. After either action, North-South could scarcely have arrived at three notrump, and it is doubtful that they would have reached five clubs.

Part of the fascination of bridge lies in attempting to gain the maximum result on every deal, even though every player realizes that, realistically, this goal is impossible to attain. But there's still a lot of fun — and certainly no harm — in analyzing all the different possibilities.

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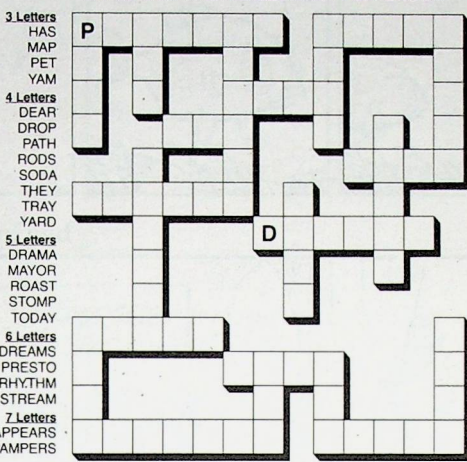
by Steve Becker

Puzzles4Kids by Helene Hovanec

CRISSCROSS — HAPPY MOTHER'S DAY*

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

*All words are formed from the letters in HAPPY MOTHER'S DAY



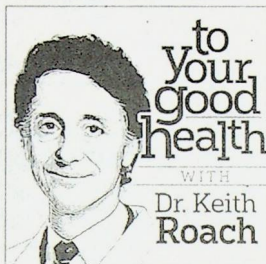
3 Letters
HAS
MAP
PET
YAM

4 Letters
DEAR
DROP
PATH
RODS
SODA
THEY
TRAY
YARD

5 Letters
DRAMA
MAYOR
ROAST
STOMP
TODAY

6 Letters
DREAMS
PRESTO
RHYTHM
STREAM

7 Letters
APPEARS
PAMPERS



Diabetics Receive Great Results From a Plant-Based Diet

DEAR DR. ROACH: Your recent column about treating diabetes left me wondering. Diabetes, as I understand it, is usually a result of too much sugar being consumed. But consuming carbohydrates is not that different because they are quickly converted to sugar through the human chemical processes. So, why are you promoting a plant-based diet that is high in carbohydrates?

Consuming protein, which is easily obtained by eating meat, seems to be the answer to reducing the consumption of simple and complex carbohydrates that are quickly converted to sugar in our body. I've switched to a high-protein diet (both plant and animal protein), and my blood sugar has been very well-controlled for a couple of years. -- F.B.

ANSWER: Diabetes is not a result of consuming too much sugar. Type 1 diabetes is an autoimmune disorder where the cells that make insulin are destroyed by the body. Type 2 diabetes is a disease of insulin resistance and a relative inability to secrete insulin in response to a sugar load.

In a person with Type 2 diabetes, consuming too much sugar in a short time overloads the body's ability to respond, so their blood sugar goes up. It is persistent high blood sugar that is responsible for most of the damage to the kidneys, eyes, blood vessels and nerves.

I am careful about what I mean by a plant-based diet. While it's true that a diet consisting entirely of maple syrup and orange juice would be extremely bad for a person with diabetes because of the concerns about blood sugar that you raised, a plant-based diet that is mostly vegetables, whole grains, legumes, fatty fish and nuts/seeds with moderate amounts of whole fruits does

not raise blood sugar more than a standard Western diet.

The high fiber content of the legumes, whole grains and vegetables prevents rapid absorption, and the protein and healthy fat in nuts and fatty fish likewise slow stomach-emptying. Finally, there is good evidence that people with diabetes have excellent results with this kind of diet.

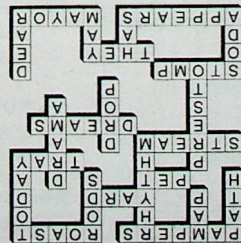
You are right that protein is important for a person with diabetes, but many high-protein diets based on meat also have high amounts of saturated fat, which increase the risk for heart blockages. In addition, saturated fat is a major cause of disease and death in people with diabetes. However, it is possible to have a healthy, high-protein diet with care.

DEAR DR. ROACH: The supplemental facts on the One A Day Men's 50+ vitamins and Women's 50+ vitamins are similar -- only the men's had vitamin K, and the women's didn't. Other than this, the sole differences were variations in some of the daily values.

Is there any potential downside to a man taking a Women's 50+ vitamin or vice versa? -- J.M.

ANSWER: I don't recommend daily multivitamins for healthy people, besides a few exceptions: Women of reproductive age who are considering pregnancy should be on a folate-containing regimen. People with known deficiencies (such as vitamin D) should be getting replacement supplements. Finally, vitamin E may increase prostate cancer risk and should be avoided in those with a prostate.

Women who are menstruating need more iron than men do, and sex-specific vitamin formulations keep these issues in mind. (Iron generally isn't dangerous for people who aren't menstruating, unless they have hemochromatosis.) So, while I don't recommend them, and although they are very similar, there are subtle reasons to choose a sex-appropriate vitamin.



SENIOR NEWS LINE

by Matilda Charles

Walking, Finally

After a less than satisfactory experience trying to order a treadmill online, I signed up at the rec center with a freebie seniors account to have a safe place for daily walking.

Where I live has narrow roads with no sidewalks. The big-box store that used to be ideal is crowded during the day. The high school no longer has after-school hours for people to walk the hallways and climb the stairs. Then there was the faulty treadmill purchase. So, the rec center it was if I wanted to have a safe place for walking.

I neglected to consider the very big men who play basketball and run or fall into the walking track oval that goes along the outside wall. I neglected to consider the kids who play basketball and throw the ball everywhere but into the net. I neglected to consider the people who are learning to play pickleball.

However, all is not lost. With the help of front desk staff and a copy of the current monthly schedule, we identified one afternoon hour that should be fairly hazard free: before the kids get out of school, before the men get off work, before the pickleball games start and — best of all — the hour when the only thing on the schedule is track walking. I tried it today. It was wonderful. Just several other seniors and me walking at various speeds.

The next step is a new pair of walking shoes. I've been reading reviews and have determined what are likely the best shoes for me, available at a local shoe store. Add my step counter and a lightweight jacket (staff warned that the air conditioning will be running full blast when the weather warms up), and I'll be ready to get in shape this summer.

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1. Who was the first singer to receive an Emmy for acting?
2. What was the first song released by the Jive Five?
3. Name the 13-year-old singer who released "Why Do Fools Fall in Love."
4. Which Kingsmen song was pulled off the air for allegedly being obscene?
5. Name the song that contains this lyric: "I'd build a big tall house with rooms by the dozen. Right in the middle of the town."

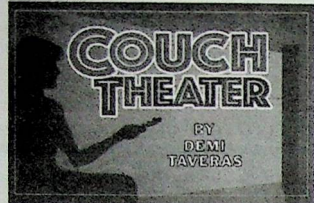
Answers

1. Harry Belafonte, in 1959. His "Calypso" album was the first to ever sell a million copies and spent over 30 weeks at the top of the charts.
2. "My True Story," in 1961. Although starting as a doo-wop group, the Five changed their focus to soul music by the 1970s.
3. Frankie Lymon, with his group The Teenagers, in 1956. When he died, three women claimed to have married him, all hoping to inherit his royalties.
4. "Louie, Louie." The FBI investigated but couldn't determine that any lyrics were obscene and no charges were brought.
5. "If I Were a Rich Man," from the "Fiddler on the Roof" musical soundtrack in 1964, sung by the character Tevye, a poor milkman in Russia in 1905.

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Puzzles4Kids Answer

MORE SUN FUN



"Dune: Part Two" (PG-13) — The sequel to the 2021 sci-fi film "Dune" is officially out now to rent after garnering more than \$685 million worldwide in its box-office release. Starring our modern-day movie stars Timothee Chalamet ("Wonka") and Zendaya ("Euphoria"), "Part Two" picks up right after the events of the first film that left Paul Atreides (Chalamet) and his mother, Lady Jessica (Rebecca Ferguson), in the hands of the Fremen troops on the planet Arrakis. Paul and Lady Jessica begin learning the ways of the Fremen, while Baron Vladimir Harkonnen remains relentless in his plans to take over the desert planet. The Baron recruits his blood-thirsty nephew, Feyd-Rautha (Austin Butler), to assist him in conquering Arrakis. With much more action, an excellent ensemble cast, and visuals that will give you goosebumps, this incredible film will make you want to stay in the worlds of "Dune" forever. (Apple TV+)

In Case You Missed It
"Quiet on Set: The Dark Side of Kids TV" (TV-14) — This five-part docu-series isn't an easy watch, whether you grew up watching Nickelodeon's shows or not, but it's monumental for shedding light on the brutal behind-the-scenes world child actors deal with. Featuring interviews from child actors who worked for shows like "All That," "Zoey 101," "The Amanda Show" and more, the first four episodes detail the horrific work environment they had to endure at the mercy of producers like Brian Peck and Dan Schneider. Drake Bell ("Drake & Josh") explains the

crimes that were committed to him by Peck, a sex offender who continued to work in Hollywood following his conviction. The series also highlights the subtly inappropriate jokes that Schneider would slide in for unknowing young actors like Ariana Grande and Jamie Lynn Spears. The fifth and final episode includes extra, in-depth interviews led by journalist Soledad O'Brien. (Max)



Cillian Murphy stars in the 2005 comedy-drama film "Breakfast on Pluto."

"Breakfast on Pluto" (R) — Before Cillian Murphy ever donned a brimmed hat to play J. Robert Oppenheimer and win an Oscar, he once played Patricia "Kitten" Braden in this peculiar comedy-drama film from 2005. Born Patrick, Patricia lives in the fictional Irish town of Tyrellin during the 1970s and causes havoc because of her choice to come out as transgender. After years of getting in trouble at school and never feeling like she belonged, Patricia decides to run away from Tyrellin and see where the world takes her. As she tries to find her footing in the dodgiest of places, she meets an unusual array of individuals, like Billy Hatchet and the Mohawks, magician Bertie Vaughan, and the singing/dancing Wombles, who all eventually push her closer to realizing and accepting her truth. This film will leave you astounded with Murphy's range as an actor. Out now. (Amazon Prime Video)

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Contract Bridge

HOW TO MANUFACTURE TRICKS

South dealer.
Both sides vulnerable
NORTH
♠ J 9 7
♥ Q 6
♦ A 9 5 4 2
♣ 8 6 3
WEST
♠ 10 2
♥ J 10 9 4
♦ K 10 8 6
♣ K J 4
EAST
♠ 5
♥ A K 8 5 3
♦ Q 7 3
♣ Q 10 7 2
SOUTH
♠ A K Q 8 6 4 3
♥ 7 2
♦ J
♣ A 9 5
The bidding:
South West North East
1 ♣ Pass 2 ♣ Pass
Opening lead — jack of hearts.

In some hands, you start with a ready-made number of tricks and finish with exactly that number because there is nothing you can do to increase the total. In other hands, the number of tricks you can take is far from certain at the start.

The outcome might depend on how the opponents' cards are situated, or on the particular approach you adopt. Such deals are naturally more interest-

ing to play than the so-called pat ones. Take this case where the defenders cash two hearts and shift to a club. Superficially, it seems declarer must lose two club tricks and go down one, but actually he has a chance to make the contract if he can establish dummy's fifth diamond as his 10th trick. To that end, he should start by winning the club return with the ace, then lead a diamond to the ace and ruff a diamond. To utilize the extra diamond trick he is trying to establish, declarer will require three further entries to dummy, so he next leads a low trump and finesse the seven! When the finesse succeeds, South ruffs another diamond high and leads a trump to the jack to ruff the fourth round of diamonds. Declarer's efforts are rewarded when the diamonds prove to be divided 4-3. The nine of diamonds is now a trick, and the nine of spades is the entry to dummy to collect it. Note the importance of the trump finesse, without which the contract cannot be made. Percentage-wise, it is much better to finesse against the ten than to try to drop the singleton ten in the East hand. This is because West will be dealt the 10-5-2, 10-5 or 10-2 of spades far more often than he will be dealt specifically the 5-2 of the suit.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

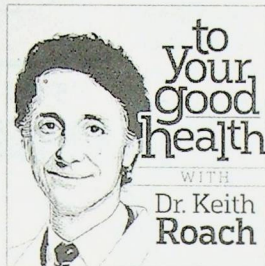
WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DOES A STORM WEAR UNDER ITS RAINCOAT?

POSTED	___	DOPE	SWEDEN	___	DENSE
HANGER	___	RANGE	CLOSED	___	SCOLD
TURNIP	___	PRINT	EASTER	___	TREES
NORMAL	___	MOLAR	GRUNTS	___	STUNG
SHARED	___	HARES			
TISSUE	___	SUITS			
ROWERS	___	WORSE			

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Apple Cider Vinegar Is a Surprising Help for Blood in Urine

DEAR DR. ROACH: Recently, I had anal cancer and was treated with chemo and radiation. The radiation burned my insides and severely damaged most of my internal organs. One of the aftereffects was occasional blood and small clots in my urine. A few months ago, both the frequency and amount of blood, especially the clots, increased dramatically. The size and number of the clots got so large that they blocked my urethra.

During a visit to my urologist, he looked into my bladder and declared it "angry." Then he told me the same thing every doctor has told me about every problem caused by my treatment: "It was caused by the radiation, and there is nothing that can be done."

Shortly after this, I began to take unfiltered apple cider vinegar in hopes that it would improve my digestive problems. It helped a little, but the big difference was that I have not had a single recurrence of either blood or clots in my urine. Can you tell me if this is due to the vinegar or if it is just a coincidence? -- A.G.

ANSWER: No, I can't definitively tell you whether the vinegar helped. It was probably by chance, but let me explain a little about it.

Rectal cancer is often treated with radiation, or combined chemotherapy and radiation, either prior to or after surgery. The dose of radiation is quite high compared to some other cancers, and the complications can be significant.

In addition to damage to the bowel and bladder, radiation treatment can damage the bones and bone marrow, leading to poor blood-cell production, infertility, premature menopause, and more cancer years later. On the other hand, radiation is used when it is expected to improve the cure rate of cancer. Still, the side effects can be challenging.

Hemorrhagic cystitis (bleeding from the bladder) can be

caused by chemotherapy or radiation. It may start within a few months or as long as 20 years after radiation.

I am surprised your urologist did not offer any treatments, as there are certainly ones available. Although none of the currently available systemic drugs are proven to be very effective, hyperbaric oxygen is one treatment that is, at least, moderately effective. Medicines placed into the bladder and laser bladder treatments are sometimes tried as well.

I was unable to find any study that evaluated the effectiveness of apple cider vinegar. I am skeptical, but reports like yours of apparent improvement associated with its use might convince a researcher to conduct a study to determine whether it really is effective.

DEAR DR. ROACH: I am presently taking 300 mg of gabapentin once daily for neuropathy, which had become increasingly severe with burning, itching, and pins and needles. It is helping, but not 100%. I still need ice packs at night for relief sometimes. Do you have any suggestions for alternative treatment? -- B.R.

ANSWER: Gabapentin is an effective drug for painful neuropathy, whether the cause is known or not. However, its side effect of sedation limits its use, and the medicine needs to be advanced slowly to be tolerated.

In my experience, 300 mg once daily is not adequate for most people, but 300 mg three times daily is effective for many. The recommended dose in one type of severe neuropathy, postherpetic neuralgia, is 1,200 mg three times daily. It may take months to be able to get to this dose.

I have also had some success with anti-inflammatory medicines as an adjunctive treatment.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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GRUNTS	R	STUNG
EASTER	A	TREES
CLOSED	E	SCOLD
SWEDEN	M	DENSE
ROWERS	R	WORSE
TISSUE	E	SUITS
SHARED	D	HARES
NORMAL	N	MOLAR
TURNIP	U	PRINT
HANGER	H	RANGE
POSTED	T	DOPE

SENIOR NEWS LINE

by Matilda Charles

Aftermath of the Storms

Just about the time that I'd decided I needed a major shopping trip to replenish food and supplies, along came two back-to-back winter storms. The winds knocked out power, which took out the freezer and dairy sections of all the local stores, which meant they had to throw away all the frozen and cold foods: milk, eggs, butter, cheeses, everything.

Then, of course, trucks struggled to get through all the downed limbs and damage on the roads and therefore were slow to restock the stores.

We haven't seen eggs for nearly two weeks at our local store, for example. Today, miracle of miracles, they managed to get a box — that's a box, one box — of 24 cartons of eggs. The ensuing crush of excited people pressing forward to the dairy section could have been deadly to seniors who aren't exactly steady on their feet.

But I ended up very proud of the folks in this town. A handful of college kids saw what was happening and blocked the mass of people who surged forward, carefully escorting one very elderly lady forward and handing her a carton of eggs.

That changed the urgent mood of the crowd, when they realized what they were doing and what could have happened. People eased away, no longer in a panic about getting eggs, realizing there just weren't enough for everyone, and the college kids stayed there taking it upon themselves to distribute eggs, mostly to seniors, I noticed.

I was impressed.

Afterward, no matter where I walked in the store, it seemed that there was one item left in the sections where stocks were low, as though people were intentionally leaving the last item for someone else who might need it more. Could those college kids have started a trend of kindness? Is that possible?

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1. Who was the first artist to release "The Wonder of You"?
2. Name the artist who released "Do Right Woman, Do Right Man."
3. Who released "My Baby Loves Lovin'?"
4. Who wrote and released "The Boxer"?
5. Name the song that contains this lyric: "Après tous les beaux jours, Je te dis merci, merci. You were the answer of all my questions."

Answers

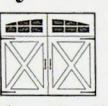
1. Ray Peterson, in 1959. But it was Elvis Presley, in 1970, who took the song to the top of the charts.
2. Aretha Franklin, in 1967. The song has been widely covered by others, including The Flying Burrito Brothers and Joe Cocker.
3. White Plains, in 1969. For years there was debate in the industry about who sang lead on the song, with most betting it was session singer Tony Burrows. Turns out it was band member Ricky Wolff after all.
4. Simon & Garfunkel, in 1969. It's said the song took 100 hours (and recording in multiple locations) to get the final version.
5. "Ma Belle Amie," by Tee-Set in 1970. The French lyric translates to "After all the beautiful days, I say thank you, thank you." The song did well globally, even going to No. 1 in Africa.

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Puzzles4Kids

Answer

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The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, QUINCY, MA 02169

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☐ Autos	5-10 WEEKS	☐ \$7.50 per week, up to 20 words, for 5-10 weeks of the same ad, 10¢ for each additional word.
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☐ Yard Sales		
☐ Instruction		
☐ Day Care		
☐ Personal		
☐ Miscellaneous		

☐ Enclosed is \$_____ for the following ad to run _____ weeks in

The Quincy Sun.

COPY: _____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.

DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

Wendy Adams Fine Art Photography Raises \$3,564 With Pooch Playoffs

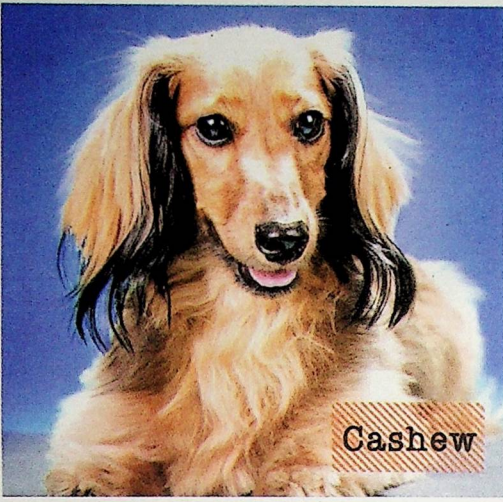
Portrait Competition Benefits Animal Shelter

Wendy from Wendy Adams Fine Art Photography raised \$3,564 that was donated to Quincy Animal Shelter with Pooch Playoffs, a fun portrait competition.

Wendy photographed 16 dogs through the months of February and March. Their owners picked an image to submit to the contest. In March all the dogs faced off in a bracket style, head to head competition. Round one eliminated 8 dogs, round two, 4 dogs, round three, 2 dogs and the winner was crowned after round 4. The competition was fun and exciting!

The winner was Cashew from Weymouth, an adorable long haired Dachshund. Finishing second and third respectively were George, a Basset Hound, and Rosie, a mixed breed. There was a two-vote difference between George and Rosie.

Every contestant paid \$150 for their session and

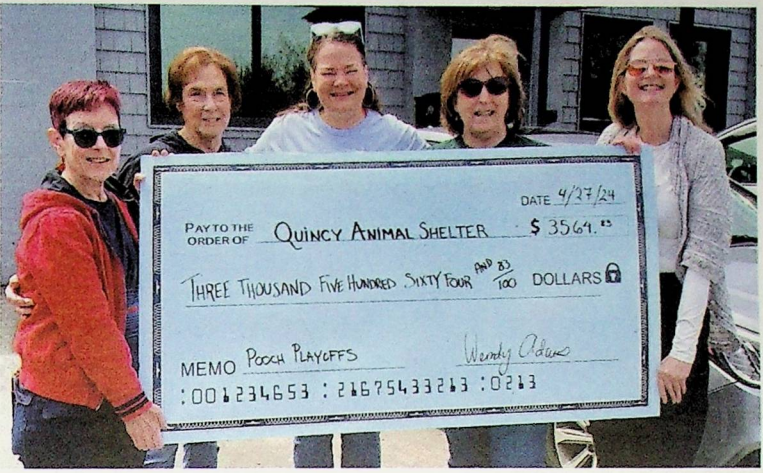


CASHEW, a long haired Dachshund from Weymouth, was the top vote getter in the Pooch Playoffs, a fun portrait competition that benefitted the Quincy Animal Shelter.

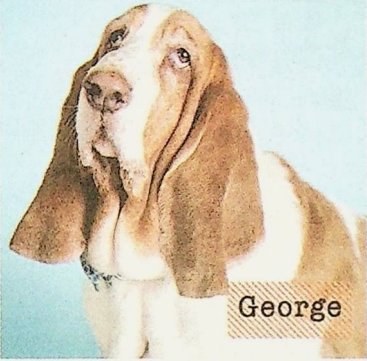
that fee was donated to the shelter. Each contestant received a swag bag of goodies. First, second and third place winners received prizes and the winner also received a trophy. The winner went on to compete in

a national competition, but did not persevere.

"I want to be sure to thank our sponsors and donors for their help in making this possible," Wendy Adams said. "Quirk Cars, Leader of the Pack-dog training, Superlative Printing and VCA Weymouth. We also had some wonderful local businesses that donated to our swag bags and prizes. Elements Academy, Polkadog, Burning stitches, Beans are to Coffee as Grapes are to Wine and Pet Supplies Plus.



WENDY FROM Wendy Adams Fine Art Photography raised \$3,564 for the Quincy Animal Shelter. The money was raised in a fun portrait competition. On hand from the Quincy Animal Shelter for a ceremonial check presentation were (from left to right), Kit Burke, Myrna Dacey, Emily Duff and Sandra Sines with Wendy Adams of Wendy Fine Arts Photography.



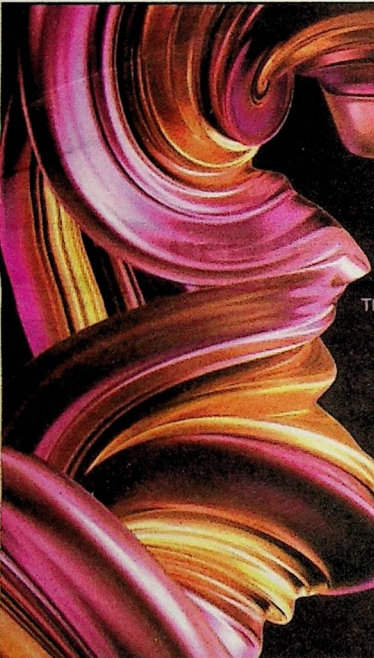
JUST TWO VOTES separated second and third place finishers George (left), a Basset Hound, and Rosie (right), a mixed breed.

Photos Courtesy Wendy Adams Fine Art Photography

"I'd also like to give a big thank you to Quincy Animal Shelter in particular;

Kit Burke, Myrna Dacey and Emily Duff for all their help in making this event so

successful and fun! I will be doing it all again next year and I can't wait!"



ART SHOW

Thursday May 23
NOHS Atrium

All 4 Lunches &
5:30-7:30pm

Please join us for this celebration of the art and achievements of our grade 12 Art and Photo students!

Stormwater Partnership Urges Reduction of Lawn Fertilizer Use

The Neponset Stormwater Partnership (NSP), a program of the Neponset River Watershed Association (NepRWA), has launched a campaign to educate home-

owners and businesses in the Neponset Watershed about the negative environmental impacts of lawn fertilizer.

Traditional spring fertilizer practices, once considered routine, can pose significant threats to the health of local lakes and streams. "While nutrients in fertilizer such as nitrogen and phos-

phorus are good for plants, they're harmful to water quality," said Suzanna Sullivan, NepRWA Water Stewardship Manager. "When fertilizer runoff reaches nearby ponds, streams, and rivers, it becomes a pollutant that can damage local aquatic habitat and cause harmful algal blooms."

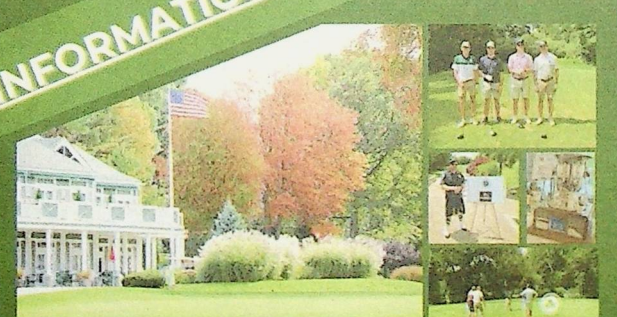
The campaign advises homeowners to protect local waterways by following these easy steps:

- Never fertilize before a heavy rainstorm.
- Leave grass clippings on the lawn. They are a natural fertilizer.
- Keep grass clippings off of pavement and away from wetlands and waterways.
- Use slow-release or natural organic fertilizers instead of chemical fertilizers.
- Fertilize using less product or with the correct ratios obtained via a soil test.

You can get an inexpensive soil test from UMass Amherst's Soil Testing Lab, which provides a detailed report with targeted fertilizer recommendations for your lawn. A soil test can reduce fertilizer use and save you excessive lawn care fees.

More information about the soil test can be found at <https://ag.umass.edu/services/soil-plant-nutrient-testing-laboratory>.

INFORMATION



We hope you will join us for the Irish Cultural Centre's 34rd Annual Fundraising Golf Tournament!

Your sponsorship will make it possible for the Irish Cultural Centre to continue our mission of keeping Irish Heritage and Culture alive for generations to come.

FRIDAY, JUNE 28TH, 2024
TEE OFF FROM 2:00PM
BROOKMEADOW COUNTRY CLUB, CANTON, MA

REGISTRATION DUE BY MAY 10

All inquiries can be directed to:
Jerry McDermott
Executive Director
jmcdermott@irishculture.org



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1250 Hancock St., Suite 111
Presidents Place, Quincy Center

Dear Mom,

With Mother's Day approaching great memories come to mind of your unconditional love.

You cooperated with our Creator and gave me life. You fed me, clothed me, and held me when I was sick.

You brought me to school on the first day and made my lunches.

You helped me with my homework (especially spelling) and you helped me learn how to ride a bike.

You taught me the importance of family, how to be a loyal friend, and to help others in need.

You and Dad gave me the gift of faith - a belief in God and an appreciation of His love for us.

I remember you and pray for you everyday and I know from your place in Heaven you are praying for us.

On behalf of your eight children, 16 grandchildren and 16 great grandchildren
- Thank you!

Love,
Tom



Mayor Tom Koch with his mother
Simone Koch.

It is in that spirit I wish all
mothers a

**Happy Mother's
Day!**

Mayor Tom & Christine Koch

